

EASY & DELICIOUS ALL OF THE FLAVOR, NONE OF THE GUILT

BEST OF

# AIR FRYER

## RECIPES

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Everyone  
Will Love





SEE  
PG. 30

Loaded  
Mediterranean Fries







Centennial Kitchen® Presents

**BEST OF**  
**AIR FRYER**  
**RECIPES**





**A NOTE FROM THE EDITORS**

# Air Time!

Air fryers have been around for more than a decade now, and every year a new batch of home cooks is thrilled to discover all the ways this simple appliance can make so many of the foods they and their families love with little to no added fat—and in much less time, to boot.

Whether you're a long-time user or thinking about discovering just how much magic exists in a gadget the size of a coffeemaker, it's always the right time to check out new recipes. Although the air fryer's early fame came from its ability to make nearly greaseless fried foods, it can do so much more, from roasting a maple glazed pork loin (page 43) to baking a scrumptious apple pie (page 110).

In this issue, we've gathered the best of the best recipes. Choose from mouthwatering dishes for breakfast, like chicken and waffles (page 12), to desserts, including fried s'mores (page 124). Plus, there are tons of creative appetizers, sides and main courses.

Imagine being able to do all your cooking for the day with just one simple appliance (Bonus: it's also easy to clean!).

These recipes were created for a 5.25-quart air fryer with a 60-minute timer; consult your owner's manual to adjust recipes as needed. We know you'll enjoy making—and devouring!—these delicious dishes as much as we did.

Bon appétit!

SEE  
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Savory Muffins



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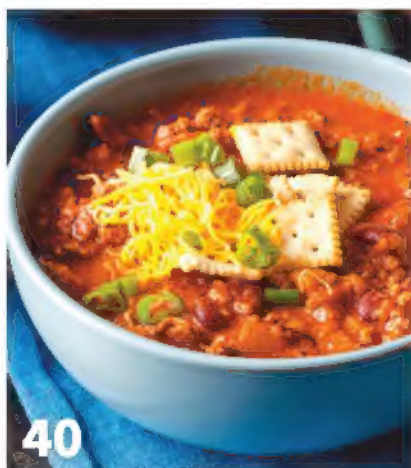
Whether you're a new air fryer owner or a seasoned pro, these tips will help you to get the most out of your appliance.

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Start the day right with mini muffins, a hearty frittata, delicious bagels and more.

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# Air Fryer Basics

**READY TO GET UP AND RUNNING WITH YOUR NEW AIR FRYER? HERE ARE A FEW TIPS TO GET YOU STARTED.**

**CHECK YOUR USER MANUAL FOR ADDITIONAL DETAILS ON SAFETY AND SETUP, AS WELL AS FOR GENERAL CARE AND CLEANING TIPS.**

## OVERVIEW

An air fryer is a multifunctional and versatile gadget. It works like a convection oven, so you can use it on many dishes that are usually prepared in a regular oven.

Before you start cooking, read through the owner's manual and familiarize yourself with the temperature and timer settings on your fryer. (Your model may have more bells and whistles for you to explore later.)

Since your fryer might be a different size than the one we used, recipes might need more or less

cooking time. So when the timer goes off, remove the basket of food from the fryer and place it on a level, heatproof surface. If it's not cooked to your liking, return the basket to the fryer and reset the timer dial for additional cooking time.

If a recipe calls for shaking the basket during cooking, remove the basket from the fryer and gently joggle it from side to side, then replace it in the fryer.

**NOTE** Oil and juices may collect in the basket holder during cooking; this is to be expected and does not affect the cooking process.

## TIPS & TRICKS

★ Fryer components may be hot to the touch; always use oven mitts! Use heat-resistant kitchen tongs to remove fragile or large ingredients from the fryer basket after cooking.

★ If you need to check the food while it's cooking, or when you think it's done, always remove the basket carefully—it will be hot!

★ To help prevent foods from sticking to the basket, lightly coat ingredients and the basket with cooking spray before cooking. (Consider purchasing a mister to fill with your favorite oil.)



Black & Decker's Crisp N' Bake Air Fryer Toaster can also be used to bake, broil and toast.

## AIR FRYERS ARE MULTITASKERS!

Air fryer makers have taken a cue from Instant Pot's success (BTW, the Instant Pot company makes air fryers, too!) by adding even more functions. Black & Decker offers an air fryer/toaster oven combo that can hold a 13x9 pan; the Ninja Foodi does double duty as an air fryer and a pressure cooker; and with T-fal's ActiFry, your french fries can cook in the lower pan while your chicken cooks up top.



## Cook's Notes

Today's air fryers are more versatile than ever: Top-of-the-line models do everything but the dishes. On a budget? Many brands have introduced lower-priced machines.

**MOST AIR FRYER  
MODELS OFFER A  
TIMER AND A VARIETY  
OF TEMPERATURE  
SETTINGS FOR  
DIFFERENT FOODS.**





CREAM CHEESE  
FROSTING AND  
COLORFUL SPRINKLES  
TURN THE MORNING  
INTO A PARTY!



SEE  
PG. 10

Strawberry  
Tarts





# **YUMMY** **BREAKFAST**

**WHETHER YOU LIKE TO SIT DOWN FOR**  
**A FULL MORNING MEAL OR YOU PREFER**  
**TO GRAB SOMETHING ON THE RUN,**  
**WE'VE GOT RECIPES FOR YOU.**



## SAUSAGE BALLS

BRUNCH IDEA | EASY | PARTY-WORTHY

**They're small but loaded with flavor—and cheese—making them an ideal accompaniment for eggs or to offset the sweetness of pancakes.**

**Start to Finish** 11 minutes  
(5 minutes active)

**Servings** 25 balls

- 1 pound ground pork sausage
- 1 teaspoon Worcestershire sauce
- 2 cups baking mix (like Bisquick)
- 2 cups shredded sharp cheddar cheese
- ¼ teaspoon ground black pepper or cayenne pepper
- Parsley leaves, optional

- 1 Preheat air fryer to 370°F.
- 2 Combine all ingredients; roll into

1-inch balls. Place in basket or rack of air fryer (you may need to work in batches).

- 3 Cook for 6 minutes, or until browned. Serve warm and garnish with parsley leaves, if desired.

## STRAWBERRY TARTS

COPYCAT | KID-FRIENDLY | UNDER 30 MINUTES

**These are so much tastier than the store-bought versions! Just make sure these tarts have cooled before you remove them from the air fryer. If not, they may break.**

**Start to Finish** 25 minutes  
(10 minutes active)

**Servings** 3

- 1 (14.1-ounce) package refrigerated pie crust (2 crusts)
- ½ cup strawberry preserves

- 2 teaspoons cornstarch
- Vegetable oil cooking spray
- ½ cup sour cream
- 1 ounce cream cheese, softened
- 1 teaspoon sugar
- 1 teaspoon sprinkles

- 1 Lay both pie crusts on a working surface. Using a pizza cutter, cut into 3 rectangles per crust (6 total rectangles).
- 2 In a small bowl, stir together preserves and cornstarch.
- 3 Place 1 tablespoon of preserve mixture in the upper area of crust.
- 4 Fold each over to form tarts.
- 5 Crimp all edges with a fork.
- 6 Place tarts in air fryer, spray with cooking spray and cook at 375°F for 8 to 10 minutes.
- 7 Meanwhile, combine sour cream, cream cheese and sugar until smooth.
- 8 Allow tarts to cool in air fryer.
- 9 Remove from air fryer to cooling rack. Spread frosting over tarts and top with sprinkles.

## Cook's Notes

Most supermarkets sell ground pork sausage meat in bulk. If you can't find it, get your favorite uncooked sausages and remove the casings. If you want a lighter option, try ground turkey or chicken sausage meat.

Sausage Balls



## HASH BROWNS

CLASSIC | EASY

This air fryer version brings together all the great flavors from your diner favorite in a healthier dish.

**Start to Finish** 50 minutes  
(30 minutes active)

**Servings** 4

- 3 russet potatoes, grated
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped yellow onion
- 2 garlic cloves, minced
- 1 teaspoon paprika
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- Vegetable cooking spray

- 1 Preheat air fryer to 400°F
- 2 In a large bowl, place grated potatoes; add cold water to cover. Let potatoes soak for 20 minutes
- 3 Drain potatoes; use paper towels to dry completely
- 4 In a large bowl, place potatoes
- 5 Add bell peppers, onion, garlic, paprika, salt and black pepper. Toss to combine
- 6 Coat air fryer basket with vegetable cooking spray. Place potato mixture in basket.
- 7 Cook for 10 minutes or until browned and crunchy.

## GIANT BURRITO

MEXICAN CUISINE | UNDER 30 MINUTES

This dish is large enough for two. To amp up the spice level, sub pepper jack cheese and add sliced chilies.

**Start to Finish** 20 minutes  
(5 minutes active)

**Servings** 2

- 4 eggs, scrambled
- 1/2 pound cooked ground sausage
- 1/2 cup green bell pepper, minced



Hash Browns

- 1/2 cup cooked, crumbled bacon
- 1/2 cup shredded Monterey Jack cheese
- 1 cup shredded cheddar cheese, divided
- 1 (12-inch) flour tortilla
- Vegetable oil cooking spray
- Toppings: sliced tomatoes, sliced avocado, sliced green onions, lime halves, cilantro leaves

- 1 Combine scrambled eggs, sausage, bell pepper, bacon, shredded Monterey

Jack cheese and 1/2 cup shredded cheddar cheese in a large bowl; stir to combine.

- 2 Spoon the egg mixture into the center of the tortilla.
- 3 Fold in the sides and then roll up.
- 4 Place burrito into air fryer basket or racks and spray with cooking spray
- 5 Cook at 330°F for 5 minutes or until heated through and cheese is melted.
- 6 Remove from air fryer and top with remaining 1/2 cup cheddar cheese and desired toppings.





Nutty Granola

## NUTTY GRANOLA

EASY | GLUTEN-FREE

**This combo is all healthy ingredients, so dig in!**

**Start to Finish** 1 hour 10 minutes

(10 minutes active)

**Servings** 12

- 1½ cups rolled, gluten-free oats
- ½ cup chopped pecans
- ½ cup sliced almonds
- ½ cup raw pumpkin seeds
- ½ cup cashews
- ¼ cup honey (use agave or maple syrup to make it vegan)
- 1 tablespoon olive oil
- 1 teaspoon cinnamon
- ½ teaspoon sea salt
- ½ cup dried cranberries
- ½ cup unsweetened coconut flakes

- 1 Preheat air fryer to 250°F.
- 2 Combine all ingredients except the cranberries and coconut in a large bowl. Stir to combine evenly.
- 3 Place mixture in air fryer basket; cook for 30 minutes, stirring every 10 minutes.
- 4 When finished, spread warm granola on a baking sheet. Mix in the cranberries and coconut.

- 5 Allow to dry at room temperature about 30 minutes. Store in an airtight container.

## SOUTHWESTERN OMELET

CLASSIC | EASY

**Omelets cook up so fluffy in an air fryer. Serve with Hash Browns (pg. 11).**

**Start to Finish** 20 minutes

(10 minutes active)

**Servings** 1

Vegetable cooking spray

- 2 eggs
- ½ cup milk
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup diced red bell pepper
- ¼ cup chopped scallions
- ¼ cup chopped ham
- ¼ cup sliced mushrooms
- ¼ cup shredded cheddar cheese
- Scallion slices, optional

- 1 Preheat air fryer to 350°F. Spray a 6-inch round pan with vegetable cooking spray.
- 2 In a small bowl, whisk eggs, milk, salt and ground black pepper until well combined.

- 3 Add bell pepper, scallions, ham and mushrooms to egg mixture.
- 4 Pour egg mixture into prepared pan. Place in air fryer basket.
- 5 Cook for 8 to 10 minutes. Halfway through cooking, sprinkle cheese over top.
- 6 Use a spatula to loosen omelet from sides of pan to serve. Garnish with scallion slices, if desired.

## CHICKEN AND WAFFLES

CLASSIC | FAMILY FAVORITE | KID-FRIENDLY

**This Southern specialty isn't just for breakfast! It makes a delicious dinner, too.**

**Start to Finish** 1 hour 50 minutes

(50 minutes active)

**Servings** 4

- 4 boneless, skinless chicken thighs
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 cup buttermilk
- ½ cup all-purpose flour
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon chili powder
- ½ teaspoon cayenne pepper
- 4 Belgian-style waffles
- Maple syrup

- 1 In a large bowl, place chicken; add salt, pepper and buttermilk. Stir. Place in refrigerator to marinate for 1 hour.
- 2 Preheat air fryer to 375°F.
- 3 In a medium bowl, combine flour, garlic powder, paprika, chili powder and cayenne.
- 4 Remove chicken from marinade. Dip each piece in flour mixture, coating all surfaces.
- 5 Place chicken in air fryer basket and cook for 25 to 30 minutes, flipping halfway through (make sure internal temperature is 165°F). Remove from air fryer; cool slightly on wire rack.
- 6 When chicken is almost done cooking, toast waffles. Place a chicken thigh on each waffle and serve with maple syrup.



A top-down view of a white plate containing a golden-brown waffle topped with a piece of fried chicken. The chicken is coated in a thick, orange-brown sauce. A small pool of the same sauce is on the plate next to the waffle. In the top right corner, a small green bowl contains a dark brown sauce. A white napkin with a silver fork and knife is in the top left. The background is a dark grey surface.

## Cook's Notes

Maple syrup is the classic topping for chicken and waffles, but it's not the only choice. Try a creamy chicken gravy, especially if you're serving this for dinner. Or mix honey with Sriracha for a sweet-and-spicy option.





## EVERYTHING BAGELS

CLASSIC | EASY | FAMILY FAVORITE

Sour cream keeps these no-yeast, no-rise bagels moist and tender, and the air fryer gives them a nice golden crust.

**Start to Finish** 45 minutes  
(30 minutes active)

**Servings** 4

- 2¼** teaspoons baking powder
- 1** cup all-purpose flour, plus more for dusting work surface
- ½** teaspoon kosher salt

- ¼** teaspoon onion powder
- ¼** teaspoon garlic powder
- 1** cup sour cream
- 1** egg, beaten
- 1** teaspoon water
- Everything bagel seasoning**

- 1** In a large bowl, combine flour, baking powder, salt, onion powder and garlic powder.
- 2** Stir in sour cream. Shape into a ball and turn out onto a floured surface.
- 3** Divide dough into 4 equal parts. Roll each piece in a little flour before rolling into a 10-inch-long rope. Line a rimmed baking sheet with parchment.
- 4** Preheat air fryer to 300°F.
- 5** In a small bowl, beat egg and water. Brush tops and sides of bagel with egg wash. Sprinkle with everything bagel seasoning.
- 6** Cook bagels for 12 to 15 minutes. Allow to cool before slicing and serving.

## SWEET POTATO HASH

FAMILY FAVORITE | UNDER 30 MINUTES

Sweet potatoes are a nutritional powerhouse, full of vitamins, fiber, minerals and protein. The smoky bacon complements their sweetness.

**Start to Finish** 25 minutes  
(15 minutes active)  
**Servings** 6

- 2** large sweet potatoes, cut into small cubes
- 2** slices bacon, cut into pieces
- ½** cup chopped onion
- 1** teaspoon minced garlic
- 2** tablespoons vegetable oil
- 1** teaspoon salt
- ¼** teaspoon ground black pepper
- 6** fried eggs

- 1** Toss sweet potatoes, bacon, onion, garlic, oil, salt and pepper in a large bowl.
- 2** Place mixture in air fryer basket or racks.
- 3** Cook at 400°F for 14 minutes until crispy and browned.
- 4** Serve topped with a fried egg.



## BIRD-IN-A-NEST

EASY | KID-FRIENDLY | UNDER 30 MINUTES

**Old-school meets new technology when you make this breakfast classic in an air fryer.**

**Start to Finish** 20 minutes  
(15 minutes active)

**Servings** 2

- 2 slices thick bread
- Vegetable oil cooking spray
- 2 eggs
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper
- $\frac{1}{4}$  cup grated cheddar cheese, divided

- 1 Preheat metal pan in air fryer basket at 330°F for 2 minutes.
- 2 Use a biscuit cutter or small drinking glass to cut a hole out of the middle of each bread slice.
- 3 Spray pan with cooking spray.
- 4 Place 1 slice of bread in air fryer and crack 1 egg in the center. Sprinkle with salt and pepper.
- 5 Cook at 330°F for 5 minutes. Carefully flip and cook another 2 minutes.
- 6 Sprinkle with 2 tablespoons cheese while still warm.
- 7 Repeat for second slice of bread.

## RASPBERRY SCONES

EASY | FAMILY FAVORITE | UNDER 30 MINUTES

**These scones cook up irresistibly tender in the air fryer. If you can't find fresh raspberries, use another small berry, like blueberries.**

**Start to Finish** 22 minutes  
(6 minutes active)

**Servings** 8

- 1 cup flour
- 4 tablespoons sugar, divided
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- 2 tablespoons butter
- 1 egg, beaten

- $\frac{1}{4}$  cup buttermilk
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{1}{2}$  cup raspberries

- 1 Stir together flour, 2 tablespoons sugar, baking powder, baking soda and salt in a bowl. Using a pastry blender, cut in butter until crumbly.
- 2 In a small bowl, mix egg, buttermilk and vanilla; stir in dry ingredients, then fold in raspberries.
- 3 Transfer dough to lightly floured surface. Gently knead 10 strokes or until dough is no longer sticky.
- 4 Pat dough into a 6-inch circle. Cut into 8 wedges; do not separate.
- 5 Sprinkle with remaining sugar.
- 6 Separate wedges and place in air fryer basket or racks. Cook at 360°F for 6 minutes, or until golden brown.

## FRENCH TOAST STICKS

COPYCAT | KID-FRIENDLY | UNDER 30 MINUTES

**Day-old bread is best for French toast. You can slice the bread the night before so it's ready in the a.m.**

**Start to Finish** 15 minutes  
(10 minutes active)

**Servings** 6

- 2 eggs
- $\frac{1}{2}$  cup cream
- $\frac{1}{2}$  cup milk
- 3 tablespoons sugar
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{1}{4}$  teaspoon salt
- 6 slices from loaf of Italian bread, sliced  $1\frac{1}{2}$  inches thick
- Maple syrup
- Powdered sugar

- 1 Beat eggs, cream, milk, sugar, cinnamon, vanilla and salt in a large shallow baking dish.
- 2 Add bread slices, turning to coat several times.
- 3 Arrange bread slices in air fryer basket or racks.
- 4 Cook at 375°F and cook until golden, about 8 minutes, turning halfway through.
- 5 Remove toast from air fryer and serve warm with maple syrup and powdered sugar.





## QUICK TIP

Coarse sugar is more resistant to heat than regular sugar, plus it adds texture.



Puff Pastry  
Danish





Brown Sugar Bacon

## BACON AND EGG BREAKFAST BUNDLES

FAMILY FAVORITE | PARTY WORTHY

**Make a weekend special with these breakfast treats! Try them with homemade country gravy poured over the top.**

**Start to Finish** 40 minutes

(25 minutes active)

**Servings** 8

- 1 tablespoon butter
- 4 eggs
- 2 tablespoons milk
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon chopped chives
- 1 (8-ounce) can refrigerated biscuits
- 4 slices bacon, cooked and crumbled
- ¾ cup shredded cheddar cheese
- 2 tablespoons melted butter
- 1 tablespoon coarse salt
- Vegetable cooking spray

- 1 Preheat air fryer to 375°F.
- 2 In a large bowl, whisk together eggs, milk, salt and pepper.
- 3 In a large skillet over medium heat, melt butter. Pour egg mixture in pan and let set slightly. Reduce heat to medium-low, and stir occasionally until soft curds form.
- 4 Remove from heat and sprinkle with chives.
- 5 Flatten each biscuit into a ¼-inch-thick round. Top each round of dough with scrambled eggs, bacon crumbles and cheese. Wet the edges of the dough and pinch together to seal.
- 6 Brush tops with melted butter and sprinkle with coarse salt.

7 Line basket of air fryer with parchment paper and grease with vegetable cooking spray and, working in batches, add biscuit bundles.

8 Bake until biscuits are golden on top and cooked through, about 10 minutes.

## PUFF PASTRY DANISH

CLASSIC | FAMILY FAVORITE

**These elegant little pastries will elevate your brunch.**

**Start to Finish** 35 minutes

(25 minutes active)

**Servings** 6

- 1 (8-ounce) package cream cheese, softened
- ¼ cup confectioners' sugar
- 2 tablespoons all-purpose flour
- ¼ teaspoon vanilla extract
- 2 egg yolks, divided
- 1 tablespoon water
- 1 (17.3-ounce) package frozen puff pastry, thawed
- ¾ cup seedless strawberry jam
- Coarse sugar
- Vegetable cooking spray

- 1 Preheat air fryer to 325°F.
- 2 In a medium bowl, beat cream cheese, confectioners' sugar, flour and vanilla until smooth; beat in 1 egg yolk. In a small bowl, mix water and remaining yolk.
- 3 On a surface lightly dusted with flour, unfold each sheet of puff pastry; roll out into two 12-inch squares. Cut each into nine 4-inch squares.

4 Top each mini square with 1 tablespoon cream cheese mixture and 1 teaspoon jam. Brush 2 sides of pastry with yolk mixture and fold over filling; pinch to seal. Make 4 cuts across top of each.

5 Brush tops with remaining yolk mixture. Sprinkle with coarse sugar.

6 Grease a tray with vegetable cooking spray. Place pastries in a single layer on tray (you may need to work in batches). Cook until golden brown, 8 to 10 minutes. Serve warm.

## BROWN SUGAR BACON

EASY | KID-FRIENDLY | PARTY-WORTHY

**Salty, sweet and smoky—what's not to love? Thick-cut bacon is meatier and absorbs the flavors better.**

**Start to Finish** 20 minutes

(10 minutes active)

**Servings** 6

- 1 pound thick-cut bacon, each slice cut in half
- ½ cup dark brown sugar
- ½ teaspoon smoked paprika
- ½ teaspoon ground black pepper (or cayenne pepper if you like it spicier)

- 1 Preheat air fryer to 400°F.
- 2 Place bacon strips in an even layer in the air fryer basket (you may need to work in batches). Sprinkle evenly with brown sugar, smoked paprika and pepper; press to adhere.
- 3 Cook for 5 minutes; flip and cook on other side for an additional 4 minutes.



## EGG CUPS

EASY | FAMILY FAVORITE | UNDER 30 MINUTES

Get your family's day off to a protein-packed start with these savory egg cups. They also make great fillings for sandwiches.

**Start to Finish** 25 minutes  
(15 minutes active)  
**Servings** 8

- Vegetable oil cooking spray
- 6 eggs
- 2 tablespoons cream
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup chopped red bell peppers
- ¼ cup chopped green bell pepper
- ¼ cup chopped green onions
- ½ shredded cheddar cheese
- ¼ cup shredded mozzarella
- ¼ cup cooked and crumbled bacon
- Garnishes: chopped green onions, parsley leaves

- 1 Spray 8 (6-ounce) custard cups with cooking spray
- 2 In a large bowl, beat the eggs. Add cream, salt and black pepper and whisk to combine
- 3 Add bell peppers, green onion, cheeses and bacon
- 4 Pour even amounts of the egg mixture into the custard cups. Place in air fryer basket or racks.
- 5 Cook at 300°F for 12-14 minutes or until the eggs have set.
- 6 Garnish with green onions and parsley leaves, if desired



Egg Cups

## ON-THE-GO POCKETS

CLASSIC | KID-FRIENDLY

These portable pastries are ideal for a breakfast on the run. Customize the recipe with whatever meats and cheeses you have on hand.

**Start to Finish** 35 minutes  
(15 minutes active)  
**Servings** 6

- 1 (17.3 ounce) package frozen puff pastry, thawed
- 5 eggs, scrambled
- ½ cup cooked sausage crumbles
- ½ cup cooked bacon crumbles
- ½ cup shredded cheddar cheese
- Vegetable oil cooking spray

- 1 Spread puff pastry out on work surface. Cut each pastry sheet into 6 equal rectangles
- 2 Combine cooked eggs, sausage, bacon and cheese.
- 3 Spoon mixture into middle of 6 rectangles
- 4 Place the other 6 pastry rectangles on top of filled rectangles.
- 5 Press edges together with a fork to seal. Spray pockets with cooking spray.
- 6 Place in air fryer basket or racks and cook at 375°F for 8-10 minutes or until puffed and browned (You may need to work in batches.)
- 7 Remove from air fryer and serve.



## MINI BLUEBERRY MUFFINS

CLASSIC | PARTY WORTHY | UNDER 30 MINUTES

A silicone mini-muffin pan helps these streusel-topped muffins cook evenly—and makes cleanup a breeze, too.

**Start to Finish** 25 minutes  
(15 minutes active)

**Servings** 12 muffins

- 1 cup flour
- 1 teaspoon baking powder
- 2 tablespoons sugar
- 2 eggs
- 2 teaspoons vanilla
- $\frac{1}{3}$  cup milk
- 3 tablespoons melted butter
- $\frac{3}{4}$  cup blueberries
- Vegetable oil cooking spray
- 1 tablespoon brown sugar
- 1 tablespoon sugar
- 1 tablespoon flour
- 1 tablespoon cold butter, cut into small pieces

**1** Mix flour and next 7 ingredients in a mixing bowl until well combined

**2** Spray a 12 cup silicone mini-cupcake pan with cooking spray. Pour batter into prepared pan, filling each cup two-thirds of the way full.

**3** In another bowl, combine sugars, flour and butter until crumbly

**4** Sprinkle on top of muffins

**5** Place in air fryer basket or racks and cook at 320°F for 12–14 minutes or until wooden pick comes out clean

**6** Remove muffins from air fryer and serve warm

## CINNAMON ROLLS

COPYCAT | EASY | FAMILY FAVORITE

No one will know these delightful treats are made with a tube of refrigerated crescent rolls—especially with that cream cheese glaze on top!

Mini  
Blueberry  
Muffins



**Start to Finish** 30 minutes  
(10 minutes active)

**Servings** 6

- 1 (8-ounce) tube refrigerated crescent rolls
- 2 tablespoons butter, melted
- $\frac{1}{2}$  cup packed brown sugar
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{2}$  teaspoon salt
- Vegetable oil cooking spray
- 3 ounces cream cheese, softened
- $\frac{1}{2}$  cup powdered sugar
- 2 tablespoons half-and-half

**1** On a lightly floured surface, roll out crescent dough in one piece. Pinch seams together

and fold in half. Roll dough into a 9 x 7-inch rectangle

**2** Combine butter, brown sugar, cinnamon and salt

**3** Spread butter mixture over dough, leaving  $\frac{1}{4}$ -inch border.

**4** Starting at long side, roll up dough like a jelly roll, then cut crosswise into 6 pieces

**5** Arrange rolls in air fryer basket or rack sprayed with cooking spray

**6** Cook at 350°F for 10 minutes or until golden. Remove to a wire rack.

**7** Meanwhile, in a small bowl combine cream cheese, powdered sugar and half and half until smooth.

**8** Spread glaze over warm cinnamon rolls and serve.



Sausage Patties  
With Creole Mustard

## SAUSAGE PATTIES WITH CREOLE MUSTARD

EASY | FAMILY FAVORITE

The heat of the mustard  
pairs well with the rich pork.

**Start to Finish** 45 minutes

(5 minutes active)

**Servings** 12

### Vegetable cooking spray

- 1 pound ground pork sausage
- 1 teaspoon red pepper flakes
- 1 teaspoon dried thyme
- 1 teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 2 teaspoons brown sugar
- 2 teaspoons minced garlic
- 2 teaspoons hot sauce
- Creole mustard
- Chopped parsley, optional

1 Preheat air fryer to 370°F. Spray air fryer basket with vegetable cooking spray.

2 Place sausage in large bowl. Add remaining ingredients except mustard and parsley and mix together.

3 Shape into 12 patties (about 2 inches across). Place patties in basket of air fryer (you may need to work in batches).

4 Cook for 20 minutes, flip and cook additional 20 minutes.

5 Serve with Creole mustard and garnish with chopped parsley.

## SAVORY MUFFINS

FAMILY FAVORITE

Who says that muffins have to be sweet? Cheese and herbs make the savory varieties just as tempting.

**Start to Finish** 40 minutes

(20 minutes active)

**Servings** 6

- 2¾ cups all-purpose flour
- 1 cup cheddar cheese, grated
- ¾ teaspoons baking powder
- 1 teaspoon dried thyme
- ½ teaspoon salt

2 tablespoons olive oil

1 large egg

1 cup milk

1 Stir together flour, cheese, baking powder, thyme and salt in a large mixing bowl.

2 In another mixing bowl, briefly beat together olive oil, egg and milk.

3 Add wet ingredients to dry, mixing until a rough batter forms; it should still be lumpy.

4 Preheat air fryer to 350°F. Divide batter between 6 muffin cups and bake for 20 minutes.

5 Reduce air fryer to 325°F and bake for an additional 10 minutes until cooked through; a toothpick should come out clean from the center when ready.

6 Remove from air fryer and let cool on a baking rack before serving.

## BREAKFAST POTATO MEDLEY

CROWD PLEASER | FAMILY FAVORITE

Chorizo is a Portuguese sausage that adds a smoky, spicy kick to the potatoes and veggies in this delectable side dish. Substitute kielbasa to dial down the heat.

**Start to Finish** 25 minutes

(15 minutes active)

**Servings** 4

- 3 large white potatoes, scrubbed and cut into 1-inch cubes
- 1 tablespoon olive oil
- Salt
- Freshly ground black pepper
- 2 chorizo sausage links, or kielbasa, sliced
- ½ onion, chopped
- ½ red bell pepper, cored, seeded and diced
- ½ yellow bell pepper, cored, seeded and diced
- ½ teaspoon paprika (optional)

1 Preheat air fryer to 400°F. Toss potatoes with olive oil and salt and pepper to taste in basket of air fryer.



- 2 Cook for 10 minutes until starting to brown. Remove basket; add chorizo, onion, peppers and more salt and pepper (and paprika, if desired), gently tossing and stirring to combine.
- 3 Cook for another 15 minutes, shaking the basket from time to time, until potatoes are golden brown and crisp; periodically check on potatoes with 5 minutes of cooking left.
- 4 Serve immediately for best results.

## TURKEY BACON FRITTATA

FAMILY FAVORITE

**A frittata always seems a bit more special than scrambled eggs, doesn't it? With bacon, potatoes, onion and spinach, this dish will satisfy at breakfast or dinner.**

**Start to Finish** 30 minutes

(5 minutes active)

**Servings** 4

- Cooking spray
- 8 eggs, lightly beaten
- 3½ fluid ounces (7 tablespoon) milk
- Kosher salt
- Freshly ground black pepper

- 4 turkey bacon slices, roughly chopped
- 1 small onion, sliced
- 16 ounces (3 cups) cooked small potatoes, halved
- 1¼ ounces (2 cups) baby spinach, washed

- 1 Preheat air fryer to 360°F. Spritz insides of a 6-inch cake pan with cooking spray.
- 2 Beat together eggs, milk and some salt and pepper to taste in a mixing bowl. Stir in bacon, onion, potatoes and spinach.
- 3 Pour into cake pan. Air fry until frittata is set and golden-brown at edges, about 20-25 minutes
- 4 Carefully remove when ready. Turn out and cut into slices.

## FRENCH TOAST WITH RASPBERRIES

CROWD PLEASER | FAMILY FAVORITE

**Leave your griddle in the cabinet! An air fryer will cook your French toast to perfection—and with its garnish of fresh fruit, you'll feel like you're having breakfast and dessert at the same time!**

**Start to Finish** 30 minutes

(10 minutes active)

**Servings** 4

- 4 eggs
- ⅓ cup milk
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 8 white bread slices, stale and cut into triangles
- Butter
- Maple syrup
- Fresh raspberries

- 1 Preheat air fryer to 360°F. Line basket with a sheet of parchment paper.
- 2 Beat together eggs, milk, vanilla and spices in a shallow bowl until well combined.
- 3 Working in 2 batches, dip 4 bread triangles in beaten eggs, turning to coat. Let excess drip off before arranging in basket in a single layer.
- 4 Air fry for 5 minutes, shaking basket a few times during cooking. Turn and cook for another 5 minutes until golden-brown. Repeat steps 3 and 4 for second batch
- 5 When ready to serve, stack on plates, top with butter, and serve with maple syrup and fresh raspberries.

French  
Toast With  
Raspberries



## Cook's Notes

Why not branch out from white bread for your French toast? A thick-cut brioche or challah loaf adds texture and a little sweetness. Or try a baguette; cut it on the diagonal for larger slices.

## PANCAKE STACK

FAMILY FAVORITE | UNDER 30 MINUTES

**You don't need a griddle for this weekend breakfast staple! These air-fried pancakes are particularly good topped with fruits and nuts.**

**Start to Finish** 18 minutes

(7 minutes active)

**Servings** 4

- 1½ cups all-purpose flour
- 3 teaspoons baking powder
- 1½ teaspoons baking soda
- ½ teaspoon salt
- 1 tablespoon white sugar
- 1½ cups milk
- 1 egg
- 3 tablespoons unsalted butter, melted
- Cooking spray
- 2 large bananas, sliced
- ¼ cup walnut halves
- Pancake syrup (or honey)

**1** Whisk together flour, baking powder, baking soda, salt, sugar, milk, egg and melted butter in a large mixing bowl until smooth.

**2** Let stand for 5 minutes. Meanwhile, preheat air fryer to 250°F and spray a 6-inch cake pan with cooking spray.

**3** Spoon tablespoons of batter into the pan and spread them out into circles, leaving space between them.

**4** Cook for 2-3 minutes and then check to see if they have set. If so, flip and cook for another 2-3 minutes until golden-brown all over.

**5** Repeat steps 3 and 4 for remaining pancakes, spraying the pan with cooking spray before each batch.

**6** When ready to serve, stack on plates and top with banana slices and walnut halves. Drizzle with syrup or honey before serving.

Pancake Stack

## CREAMY SCRAMBLED EGGS

UNDER 30 MINUTES

**Upgrade your scrambled eggs by adding heavy cream! It doesn't take much cream to add amazing richness to this simple dish.**

**Start to Finish** 17 minutes

(7 minutes active)

**Servings** 4

- 2 tablespoons unsalted butter
- 8 large eggs
- 4 tablespoons heavy cream
- Salt
- Freshly ground black pepper
- Toast, to serve

**1** Preheat air fryer to 220°F

**2** Working in 2 batches, place 1 tablespoon butter in a 6-inch cake pan. Melt in air fryer, about 1 minute.

**3** Remove pan from air fryer. Add 4 eggs, 2 tablespoons cream, and plenty of salt and pepper, beating with a fork.

**4** Return pan to air fryer and cook for 2 minutes. Remove pan, scramble with a fork until partially set, and return to air fryer for an additional 2-3 minutes until eggs are scrambled to your liking.

**5** Repeat steps 2-4 for remaining scrambled eggs. Serve immediately with warm toast on the side.

## CLASSIC OMELET

FAMILY FAVORITE

**Think of this fuss-free omelet as a master recipe—ours has tomatoes and fresh herbs, but cheese and cooked meats will also work.**

**Start to Finish** 38 minutes

(28 minutes active)

**Servings** 4

- Cooking spray
- 8 eggs
- ½ cup milk





Kosher salt  
Freshly ground black pepper  
Mixed herbs, like parsley  
and thyme

2 small vine tomatoes, sliced

- 1 Preheat air fryer to 350°F. Spray insides of a 6-inch baking pan with cooking spray
- 2 For each omelet, beat together 2 eggs with 2 tablespoons milk and some salt and pepper to taste in baking pan.
- 3 Place pan in basket of air fryer. Cook for 6-7 minutes until set and golden. Turn out onto a serving plate, folding in half.
- 4 Garnish or fill with herbs and tomato slices before serving. Repeat steps 2 and 3 for each remaining omelet, spraying pan with cooking spray before preparing each omelet.

## VEGETARIAN FRITTATA

CROWD PLEASER | UNDER 30 MINUTES

If you're making several of these savory dishes for a crowd, try adding different veggies or types of cheese to each.

**Start to Finish** 25 minutes  
(15 minutes active)

**Servings** 4

- Cooking spray**
- 4 large eggs
  - 7 tablespoons milk
  - Salt
  - Freshly ground black pepper
  - 8 cherry tomatoes
  - 1 cup baby spinach, washed
  - 1/2 cup shredded cheese, like Monterey jack

- 1 Preheat air fryer to 350°F. Spritz a 6-inch baking pan with cooking spray
- 2 Beat eggs with milk and plenty of salt and pepper to taste in baking pan. Arrange cherry tomatoes and spinach in egg mixture and sprinkle cheese on top
- 3 Cook frittata for 17-20 minutes, checking after 12 minutes, until

eggs are set and the frittata is golden brown at the edges.

- 4 Remove pan from air fryer and carefully turn out frittata onto a plate. Cool and cut into portions before serving.

## BUTTERMILK BISCUITS

FAMILY FAVORITE | UNDER 30 MINUTES

**Soft, satisfying and perfect!**  
These golden biscuits will add a homey, old-fashioned touch to your table.

**Start to Finish** 25 minutes  
(10 minutes active)

**Servings** 6

- 1 1/4 cups all-purpose flour, plus extra for dusting
- 1/2 cup cake flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon white sugar
- 1/2 teaspoon salt
- 1/4 cup unsalted butter, cold and cubed, plus 1 tablespoon melted
- 3/4 cup buttermilk

**Cooking spray**  
**Jam or jelly, to serve**

- 1 Sift all-purpose flour, cake flour, baking powder, baking soda, sugar and salt into a mixing bowl. Stir to combine.
- 2 Add unsalted butter pieces and rub into the flour mixture until pea-sized pieces of butter and flour form. Then gently stir in the buttermilk with a spatula until a rough dough forms.
- 3 Sprinkle flour over a work surface. Place dough on top and sprinkle with more flour before flattening into a 1/2-inch-thick rounds
- 4 Cut out 2 1/2-inch circles with a large cookie cutter (approximately 6 circles total) Place parchment paper in the air fryer basket and spritz with cooking spray.
- 5 Arrange biscuit circles on parchment paper and brush with melted butter. Preheat air fryer to 400°F.
- 6 Cook biscuits until golden brown, about 8-10 minutes, gently shaking basket halfway through cooking.
- 7 Remove when ready and let cool briefly before serving warm with jam or jelly.



Vegetarian Frittata

SEMI-CRISP POTATO  
TOPPING ON THE SIDE  
MAKES THE  
CALIFORNIA STYLE

Loaded Potato Skins  
With Avocado





**TEMPTING**

# APPETIZERS

IF YOU'RE STARTING  
A MEAL OR A PARTY WITH  
SOMETHING SAVORY, THESE  
RECIPES ARE FOR YOU.  
WE'VE GOT ELEGANT DINNER  
STARTERS AND FUN NIBBLES  
FOR ENTERTAINING AND  
EVERYTHING IN BETWEEN.





Fried Calamari Rings



## PIGS IN A BLANKET

CLASSIC | COMFORT FOOD | KID-FRIENDLY

**These beloved little appetizers are so tasty, you may want to turn them into a meal with some leafy greens or broccoli on the side.**

**Start to Finish** 35 minutes  
(15 minutes active)

**Servings** 32

Vegetable cooking spray

- 2 (8-ounce) cans refrigerated crescent rolls
- 1 (14-ounce) pack cocktail franks, drained and dried
- Ketchup and mustard

- 1 Preheat air fryer to 330°F. Spray air fryer basket or tray with vegetable cooking spray
- 2 Unroll crescent roll dough. Separate into 8 triangles. Cut each triangle lengthwise into 2 narrow triangles (you will have 16 pieces). Repeat with second can of dough.
- 3 Place a cocktail frank on the widest part of each triangle and roll up.
- 4 Place rolls in air fryer basket or tray (you may need to work in batches). Cook for 8 minutes.
- 5 Serve hot with ketchup and mustard, if desired.

## LOADED POTATO SKINS WITH AVOCADO

FAMILY FAVORITE | PARTY-WORTHY  
UNDER 30 MINUTES

**Russet potatoes work well in this recipe: Their skins are strong, so they won't break or peel.**

**Start to Finish** 20 minutes  
(15 minutes active)

**Servings** 8

- 4 boiled and cooled russet potatoes, halved
- ½ cup grated cheddar cheese
- ½ cup sour cream



Pigs in a Blanket

- 2 green onions, sliced
- 1 cup chopped avocado
- 1 jalapeño, sliced

- 1 Scoop out most of the inside of the potatoes, leaving a potato skin boat. Save the insides for another dish, like mashed potatoes.
- 2 Place skins inside air fryer basket or racks. Top with cheese and cook at 325°F for 5 minutes or until cheese is melted (you may need to work in batches)
- 3 Remove from air fryer and top with sour cream, green onion, chopped avocado and sliced jalapeño.
- 4 Serve immediately.

## FRIED CALAMARI RINGS

CROWD PLEASER

**A simple seasoned batter turns calamari into something special. If you'd like to serve a dip on the side, marinara sauce is ideal.**

**Start to Finish** 35 minutes  
(10 minutes active)

**Servings** 4

- 12 ounces frozen or fresh calamari rings, thawed if frozen

- ½ cup cornstarch, plus extra as needed for batter and dusting
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons olive oil
- 1 pinch paprika
- 1 cup club soda, chilled
- Cooking spray
- Fresh cilantro, to garnish
- Lemon halves

- 1 Preheat air fryer to 390°F. Thoroughly dry calamari rings with paper towels
- 2 Gently whisk together cornstarch, salt, pepper, olive oil, paprika and club soda in a large mixing bowl until smooth; whisk in more cornstarch as needed if batter is too thin
- 3 Working in 2 batches, dust calamari with cornstarch, shaking off excess.
- 4 Dip in batter to coat, letting excess run off. Spritz basket with cooking spray before arranging calamari in a single layer.
- 5 Spritz top of calamari with cooking spray. Cook for 10-12 minutes until golden and crisp, shaking basket a few times during cooking.
- 6 Remove from air fryer and keep warm under aluminum foil. Repeat steps 3-5 for remaining calamari.
- 7 Serve with a garnish of cilantro and some lemon halves for squeezing over.

## ONION RINGS

EASY | KID-FRIENDLY | UNDER 30 MINUTES

The buttermilk in this recipe brings out the sweetness of the onions.

**Start to Finish** 25 minutes  
(15 minutes active)

**Servings** 2

- ½ cup flour
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup buttermilk
- 1 egg
- 1 cup panko breadcrumbs
- 2 tablespoons vegetable oil
- 1 large sweet onion, cut into ½-inch-thick slices and separated into rings
- Vegetable oil cooking spray

- 1 You'll need 3 shallow bowls: In the first, combine flour, salt and pepper; in the second, beat buttermilk and egg; in the third, mix breadcrumbs and oil
- 2 Dredge onion rings in flour mixture, then in buttermilk mixture and then in breadcrumbs.
- 3 Place rings in single layer in air fryer basket. Spray rings with cooking spray
- 4 Cook at 400°F for 15 minutes.

## POPCORN CHICKEN

CLASSIC | EASY | FAMILY FAVORITE

Crushed cornflakes make for a delectably crunchy coating.

**Start to Finish** 35 minutes  
(20 minutes active)

**Servings** 4

- ½ cup cornstarch
- 1 tablespoon paprika
- 1 teaspoon ground black pepper
- 1 teaspoon garlic salt
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- ½ teaspoon kosher salt
- ½ cup whole buttermilk
- 4 cups cornflake cereal, finely ground

Vegetable cooking spray  
Assorted dipping sauces

- 1 Preheat air fryer to 400°F.
- 2 In a shallow baking dish, stir together cornstarch, paprika, black pepper and garlic salt. Sprinkle chicken with kosher salt
- 3 Place buttermilk in a shallow bowl. Place cereal on a plate
- 4 Dredge chicken in cornstarch mixture, shaking off excess. Then dip chicken in buttermilk, allowing excess mixture to drip off. Toss chicken in cornflakes to coat.
- 5 Spray air fryer basket or rack with vegetable cooking spray.
- 6 Place half of the chicken pieces in single layer and spray with cooking spray. Cook for 8 minutes, turning chicken halfway through cook time
- 7 Remove chicken; repeat with remaining chicken pieces.
- 8 Serve with sauces on the side

## SUPREME TATER TOTS

EASY | KID-FRIENDLY | UNDER 30 MINUTES

If you're tired of dipping your tater tots in ketchup, give them this melty, cheesy upgrade.

**Start to Finish** 20 minutes  
(15 minutes active)

**Servings** 4

- 2 cups frozen tater tots
- Vegetable oil cooking spray
- Toppings: cheddar cheese, cooked bacon crumbles, sour cream, sliced green onions, snipped chives

- 1 Lightly spray air fryer basket with vegetable oil cooking spray. Place tots in basket in a single layer (you may need to work in batches).
- 2 Cook at 350°F for 10 minutes, shaking the basket or rack halfway through.
- 3 Remove tater tots from air fryer and place on a platter
- 4 Top with cheddar cheese, sour cream, bacon, green onions and chives to serve.

## Cook's Notes

These cakes will be even more delicious when you replace the canned corn with fresh—especially when it's local and in season. Try them for breakfast, too, with some whipped butter and a drizzle of maple syrup or honey.

## CORN FRITTER CAKES

COMFORT FOOD | EASY | KID-FRIENDLY

These savory cakes have irresistibly crisp edges.

**Start to Finish** 30 minutes  
(10 minutes active)

**Servings** 10

- 2 eggs
- 1 teaspoon sugar
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ cup all-purpose flour
- 1 teaspoon baking powder
- 1 (16-ounce) can corn, drained and rinsed
- 1 cup shredded cheddar cheese
- 3 tablespoons butter, melted
- 1 jalapeño, diced
- Vegetable cooking spray
- Sour cream, cracked black pepper, chopped scallions, optional

- 1 In a medium bowl, mix together eggs, sugar, salt, pepper, flour and baking powder.
- 2 Stir in corn, cheese, butter and jalapeño. Shape into 10 patties. Place in freezer for 30 minutes
- 3 Meanwhile, preheat air fryer to 400°F. Spray basket or tray with vegetable cooking spray
- 4 Place patties in basket (you may need to work in batches). Cook for 10 minutes; flip and cook an additional 5 minutes.
- 5 Serve with sour cream, black pepper and scallions, if desired





## CHICKEN TAQUITOS

EASY | KID FRIENDLY | PARTY WORTHY

Heat each tortilla to soften it before filling and rolling it.

**Start to Finish** 35 minutes  
(15 minutes active)

**Servings** 10

- 1 tablespoon vegetable oil
- 3 tablespoons diced onion
- 1 teaspoon minced garlic
- 3 tablespoons chopped green chilies
- 3 tablespoons enchilada sauce
- 1½ cups cooked, shredded chicken
- 3 tablespoons cream cheese
- ¾ cup shredded pepper Jack cheese
- 10 (6-inch) corn tortillas
- Vegetable cooking spray
- Salsa verde, guacamole, cilantro

- 1 In a skillet, heat oil. Add onion; cook 3 to 5 minutes. Add garlic; cook until fragrant, 1 minute
- 2 Add green chilies and enchilada sauce; stir to combine
- 3 Add chicken, cream cheese and pepper Jack cheese. Cook and stir until cheeses are melted, about 3 minutes.
- 4 Place 3 tablespoons of chicken mixture down the center of each tortilla. Fold over and roll each into a taquito.
- 5 Preheat air fryer to 400°F
- 6 Place taquitos in air fryer basket or tray, making sure they are not touching, and spray with vegetable cooking spray. Cook for 6 to 9 minutes; flip and cook for

an additional 3 to 5 minutes.

- 7 Serve with salsa verde, guacamole and cilantro sprigs

## FRIED ONION BLOSSOM

CLASSIC | COMFORT FOOD | FAMILY FAVORITE

Comeback sauce is similar to rémoulade; you can make your own or buy it premade.

**Start to Finish** 45 minutes  
(15 minutes active)

**Servings** 4

- 1 large yellow onion
- 2 large eggs
- 1 tablespoon water
- 1 cup seasoned gluten-free panko breadcrumbs
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon kosher salt
- 3 tablespoons olive oil
- Comeback sauce, optional

- 1 Preheat the air fryer to 375°F
- 2 Cut off stem and root of onion; peel. Set onion on a flat side. Starting at top and stopping about an inch from bottom, cut down through onion. Turn 90 degrees and cut again; repeat to make 16 sections. Spread “petals” apart
- 3 In a shallow bowl, whisk together eggs and water. In another bowl, mix breadcrumbs, paprika, garlic powder, onion powder and salt.

- 4 Dip onion into egg wash, then dredge in breadcrumb mixture. Use a spoon to get breadcrumbs between petals. Drizzle with oil.

- 5 Place in basket of air fryer and cook for 20 to 25 minutes or until onion is tender. Serve with Comeback sauce, if desired

## LOADED MEDITERRANEAN FRIES

COMFORT FOOD | EASY

Seasoned with lemon and herbs before they’re fried, these potatoes go to the next level with all the scrumptious toppings.

**Start to Finish** 45 minutes  
(5 minutes active)

**Servings** 2

- Vegetable cooking spray
- 2 Yukon gold potatoes, skin on
- 1 tablespoon olive oil
- 2 teaspoons lemon zest
- 1 teaspoon Greek seasoning
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup crumbled feta cheese
- ½ cup tzatziki
- 2 tablespoons chopped red onion
- 1 tablespoon chopped fresh parsley or fresh oregano
- Chopped kalamata olives, sliced pepperoncini peppers, dill sprigs, optional

- 1 Preheat air fryer to 375°F. Coat basket or tray with vegetable cooking spray.
- 2 Cut each potato lengthwise into ¼-inch-thick slices; cut each slice into ¼-inch fries.
- 3 In a large bowl, toss potatoes and oil together. Add zest, Greek seasoning, salt and pepper.
- 4 Working in batches, cook fries for 15 minutes, flipping halfway through cooking time
- 5 Top fries with feta, tzatziki, onion, and parsley or oregano. Garnish as desired. Serve immediately after adding toppings and garnishes (or serve them on the side)





## BONELESS BUFFALO CHICKEN WINGS

CLASSIC || FAMILY FAVORITE

**To make Buffalo sauce, melt 5 tablespoons butter and add ½ cup Frank's RedHot Original Cayenne Pepper Sauce.**

**Start to Finish** 44 minutes  
(10 minutes active)

**Servings** 4

- 1 cup all-purpose flour
- 1 teaspoon kosher salt
- 1 teaspoon garlic powder
- ½ teaspoon smoked paprika
- ¼ teaspoon cayenne pepper
- 1 egg
- ¼ cup milk
- 2 boneless, skinless chicken breasts, cut into 1-inch pieces
- Vegetable cooking spray
- ¾ cup Buffalo sauce
- Blue cheese dressing, carrot sticks, celery sticks, optional

- 1 Preheat air fryer to 375°F
- 2 In a medium bowl, stir together first 5 ingredients.
- 3 In a small bowl, whisk together egg and milk.
- 4 Dip chicken pieces in egg mixture, then toss to coat in flour mixture. Refrigerate coated chicken for 20 minutes
- 5 Spray chicken pieces with vegetable cooking spray
- 6 Place chicken in air fryer basket or tray (you may need to work in batches). Cook for 12 minutes, shaking basket halfway through.
- 7 Toss chicken with Buffalo sauce and serve with dressing and vegetable sticks, if desired

## FRIED RAVIOLI

FAMILY FAVORITE | UNDER 30 MINUTES

**Turn ravioli into finger food! Frying makes the pasta crispy, and the cheese melted and yummy.**



**Start to Finish** 25 minutes  
(15 minutes active)

**Servings** 4

- 1 cup all-purpose flour
- 1 teaspoon Italian seasoning
- Salt
- 2 eggs
- 2 cups seasoned breadcrumbs
- 16 frozen cheese ravioli
- Cooking spray
- Marinara sauce, for dipping

- 1 Preheat air fryer to 360°F.
- 2 Place flour in a shallow dish and stir in Italian seasoning and some salt to taste. Beat eggs with some

salt in a second shallow dish. Place seasoned breadcrumbs in a third shallow dish

- 3 Dust frozen ravioli in seasoned flour, shaking off excess. Dip into beaten egg, let excess drip off, and then dredge in breadcrumbs to coat
- 4 Spray ravioli on both sides with cooking spray before arranging in air fryer basket.
- 5 Cook for 15 minutes, turning after 8 minutes, until golden brown and cooked through
- 6 Remove from air fryer and let cool briefly on a cooling rack before serving with cups of warm marinara sauce.

## APPETIZERS



Meatballs  
in Sweet  
Chili Sauce

### MEATBALLS IN SWEET CHILI SAUCE

EASY | PARTY WORTHY

**These meatballs stay super juicy in the air fryer. Try them over ramen for a main dish.**

**Start to Finish** 35 minutes  
(25 minutes active)

**Servings** 8

- 1 pound ground beef
- 1 pound ground pork
- 1 onion, chopped
- 1 tablespoon minced garlic
- 3 tablespoons chopped parsley
- 2 eggs, beaten
- 1/4 cup Italian breadcrumbs
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- Thai sweet chili sauce, warmed

**1** In a large bowl, combine all ingredients except chili sauce

- 2** Roll into 16 balls. Place meatballs in air fryer in a single layer in basket or racks (you may need to work in batches)
- 3** Cook at 400°F for 12 minutes or until internal temperature reaches 165°F.
- 4** Remove from air fryer and toss with sweet chili sauce

### HUSH PUPPIES WITH REMOULADE SAUCE

CLASSIC | EASY | SOUTHERN CUISINE

**If you can't find (or don't like) remoulade sauce, try tartar sauce or make an herb mayo.**

**Start to Finish** 35 minutes  
(20 minutes active)

**Servings** 24 hush puppies

- 1 cup yellow self-rising cornmeal
- 1/4 cup buttermilk
- 1/4 cup minced onion
- 1 teaspoon sugar

- 1 tablespoon olive oil
- 1 egg
- Vegetable oil cooking spray
- Remoulade or tartar sauce

- 1** Combine the first 6 ingredients in a bowl
- 2** Divide into 24 balls
- 3** Place in air fryer basket or racks sprayed with cooking spray (you may need to work in batches).
- 4** Cook at 400°F for 10 minutes, or until balls are browned, shaking basket once halfway through.
- 5** Serve warm with remoulade or tartar sauce

### POPCORN SHRIMP

KID FRIENDLY | UNDER 30 MINUTES

**These little nuggets can be addictive! If you've got Old Bay seasoning on hand, add it to the tartar sauce for dipping.**

**Start to Finish** 30 minutes  
(20 minutes active)

**Servings** 4

Vegetable oil cooking spray

- 1/4 cup flour
- 2 eggs
- 2 tablespoons water
- 1 1/2 cups panko breadcrumbs
- 1 tablespoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 pound small shrimp (51-60 count)
- Spicy ketchup or tartar sauce

- 1** Coat air fryer basket or racks with cooking spray
- 2** You'll need 3 shallow bowls: In one, place flour; in the second, beat eggs with water; in the third, mix panko, garlic powder, salt and pepper.
- 3** Dredge shrimp in flour, then egg, then breadcrumbs, shaking off excess.
- 4** Place in air fryer basket or racks (you may need to work in batches) and cook at 360°F for 8 minutes, turning once, or until golden and firm.
- 5** Serve with spicy ketchup or tartar sauce on the side



## PERSONAL PEPPERONI PIZZAS

CLASSIC | KID-FRIENDLY | UNDER 30 MINUTES

**Pile on the toppings to truly personalize these pizzas.**

**Start to Finish** 25 minutes  
(15 minutes active)

**Servings** 2

- 1** (12-ounce) refrigerated pizza dough, divided
- ¼ cup** pizza sauce, divided
- ¼ cup** pepperoni, divided
- 1 cup** grated mozzarella cheese, divided
- Vegetable oil cooking spray
- Toppings: grated Parmesan, red pepper flakes, basil leaves

- 1** Roll out each dough half into an 8-inch circle.
- 2** Spread on pizza sauce. Top with pepperoni and cheese.
- 3** Place one pizza in air fryer basket or rack coated with cooking spray.
- 4** Cook at 375°F for 7 minutes or until crust is crispy and cheese is melted.
- 5** Remove from air fryer and repeat with second pizza.
- 6** Top with grated Parmesan, red pepper flakes and basil leaves, if desired.

## POTATO LATKES

FAMILY FAVORITE | UNDER 30 MINUTES

**These crispy and savory “potato pancakes” are a traditional Jewish food. Serve them with sour cream, or try them with applesauce.**

**Start to Finish** 30 minutes  
(15 minutes active)

**Servings** 4

- 3** large russet potatoes, peeled
- 2** eggs
- 1** teaspoon kosher salt
- 3** tablespoons matzo meal

- 1** tablespoon potato starch, plus extra for dusting
- Cooking spray
- Sour cream, to serve
- 1** tablespoon chives, snipped

- 1** Coarsely grate potatoes on a box grater, or use grater attachment on a food processor for uniform pieces.
- 2** Submerge the grated potatoes in a bowl of cold water. Drain well and wring out in a clean dish towel to extract as much moisture as possible.
- 3** Beat eggs in a large mixing bowl with half the salt. Whisk in matzo meal and potato starch.

- 4** Add grated potatoes to egg mixture, stirring thoroughly to combine. Divide and shape into 4 large latkes, approximately ¼-inch thick.
- 5** Dust with more potato starch, gently shaking or brushing off excess. Season with remaining salt.
- 6** Preheat air fryer to 380°F. Spritz basket with cooking spray before carefully arranging latkes in it.
- 7** Cook for 8 minutes. Turn and cook for an additional 4–6 minutes until golden-brown all over.
- 8** Remove from air fryer and let cool briefly before serving with sour cream and chives on the side.

Personal  
Pepperoni Pizzas



## SPANAKOPITA BITES

CLASSIC | PARTY WORTHY

These mini phyllo shells (there are about 15 in each package) are super flaky and tasty.

**Start to Finish** 23 minutes  
(15 minutes active)

**Servings** Around 8

Vegetable cooking spray

- 2 (1.9-ounce) packages frozen mini phyllo shells, thawed
- 1 (10-ounce) box frozen chopped spinach, thawed
- 1/4 cups sour cream

- 1/2 cup crumbled feta cheese
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- Chopped parsley

- 1 Preheat air fryer to 225°F
- 2 Spray air fryer basket or tray with vegetable cooking spray.
- 3 Place shells in basket or tray; cook for 2 to 3 minutes or until browned. Remove from air fryer
- 4 Drain and squeeze as much liquid out of the spinach as possible. In a medium bowl, mix spinach, sour cream, feta cheese, salt and pepper
- 5 Spoon into shells, return to air fryer for 2 minutes; garnish

## COCONUT SHRIMP

CROWD PLEASER | UNDER 30 MINUTES

Panko breadcrumbs mixed with coconut give these shrimp the perfect amount of crunch.

**Start to Finish** 22 minutes  
(12 minutes active)

**Servings** 4

- 1/2 cup cornstarch
- 2 eggs, beaten with 1 tablespoon water
- 1 1/2 cups panko breadcrumbs
- Salt
- Freshly ground black pepper
- 1/2 cup shredded coconut
- 12 raw shrimp, deveined, tails intact
- Cooking spray

- 1 Preheat air fryer to 350°F.
- 2 Place cornstarch, beaten egg and breadcrumbs in three separate shallow dishes. Season each with salt and pepper and stir coconut into breadcrumbs.
- 3 Dust shrimp in cornstarch, shaking off excess. Dip into beaten egg, turning to coat, and then dredge in coconut breadcrumbs to coat.
- 4 Spritz basket with cooking spray. Arrange shrimp in basket in a single layer.
- 5 Cook for 10-12 minutes until golden and crisp, turning about halfway through cooking.
- 6 Remove from air fryer and let cool briefly before serving

## MAC AND CHEESE BALLS

CLASSIC | COMFORT FOOD | KID FRIENDLY

Use leftover mac and cheese or use boxed (we won't tell).

**Start to Finish** 50 minutes  
(10 minutes active)

**Servings** 4

- 2 cups macaroni and cheese
- 1 egg
- 1 tablespoon milk





- 1/2 cup plain panko breadcrumbs**
- 1/2 teaspoon kosher salt**
- 1/4 teaspoon garlic powder**

- 1** Refrigerate macaroni and cheese for several hours till cold. Use a cookie scoop to form 1-inch balls
- 2** In a small bowl, add egg and milk; whisk to combine.
- 3** In a medium bowl, mix together panko, salt and garlic powder.
- 4** Coat each ball with egg mixture, then roll in the panko mixture until thoroughly coated. Place on parchment-lined cookie sheet. Place in freezer for 30 minutes
- 5** Preheat air fryer to 360°F. Place balls in air fryer basket in a single layer (you may need to work in batches). Cook for 8 to 10 minutes until lightly browned. Serve hot.

## CRISPY CHICKEN WINGS

CROWD PLEASER

**Adjust the heat on these wings by serving the Buffalo sauce on the side.**

**Start to Finish** 40 minutes  
(10 minutes active)

**Servings** 4

- Cooking spray**
- 2 pounds chicken wings, separated into drumettes and flats**
- Salt**
- 2/3 cup Buffalo wing sauce**
- 4 celery sticks, peeled, cut into sticks**
- Blue cheese dressing**

- 1** Preheat air fryer to 390°F
- 2** Spritz basket with cooking spray. Season chicken wings with salt.
- 3** Arrange wings in air fryer basket. Cook for 25 minutes, turning after 12 minutes. Increase heat to 400°F and cook for 5 minutes further until wings are crisp and golden-brown.
- 4** Remove wings from basket and toss in a bowl with wing sauce. Serve with celery sticks and blue cheese dressing.



## THAI-STYLE EGG ROLLS

CROWD PLEASER | UNDER 30 MINUTES

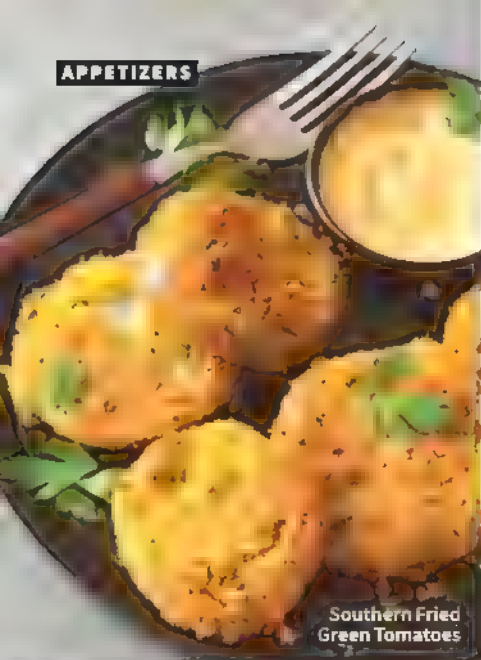
**Most grocery stores carry egg roll wrappers, so it's easier than ever to make these treats at home.**

**Start to Finish** 25 minutes  
(15 minutes active)

**Servings** 4

- 1 pound rotisserie chicken, shredded**
- 2/3 cup Thai peanut sauce, plus extra**
- 6 egg roll wrappers**
- 2 medium carrots, peeled and very thinly sliced**
- 1 red bell pepper, cored, seeded and julienned**
- 1 scallions, chopped**
- Cooking spray, or 1 tablespoon sesame oil**

- 1** Preheat air fryer to 390°F. Toss chicken with peanut sauce in a mixing bowl
- 2** Lay out egg roll wrappers on a clean surface and arrange a mixture of carrots, red pepper and scallions across bottom third of wrappers
- 3** Spoon dressed chicken on top. Wet edges of wrappers with a damp fingertip before folding sides inwards and then rolling up tightly. Spritz egg rolls all over with cooking spray or brush with sesame oil.
- 4** Arrange in basket of air fryer and cook for 9-10 minutes until golden-brown and crisp at the edges, turning once halfway through cooking.
- 5** Remove from air fryer when ready and let cool briefly before serving with additional peanut sauce on the side for dipping



Southern Fried  
Green Tomatoes

## SOUTHERN FRIED GREEN TOMATOES

FAMILY FAVORITE | UNDER 30 MINUTES

A mix of panko breadcrumbs and cornmeal makes the ideal coating for the tomatoes—they'll fry up nice and crisp. Any leftovers? Use them to make a BLT the next day.

**Start to Finish** 20 minutes  
(10 minutes active)

Servings 4

- 2 large green tomatoes, cut into ¼-inch slices
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup flour
- 2 eggs
- ½ cup buttermilk
- 1 cup panko breadcrumbs
- 1 cup yellow cornmeal
- Vegetable oil cooking spray
- Remoulade sauce or ranch dressing

- 1 Place tomato slices on paper towels to dry. Sprinkle both sides with salt and pepper.
- 2 You'll need 3 shallow bowls: In the first, pour flour; in the second, beat eggs and buttermilk; in the third, mix panko and cornmeal.
- 3 Coat tomato slices in flour, dip in egg, and then dredge in panko mixture (Tip: Use one hand when working with

dry ingredients, and the other when dipping in egg. This will prevent your fingers from getting breaded!)

4 Add slices to air fryer basket or racks coated with cooking spray

5 Cook at 400°F for 8 minutes, turning halfway through (you may need to work in batches if all of your tomato slices won't fit in the basket).

6 Remove from air fryer and serve with remoulade sauce or ranch dressing.

## POT STICKERS WITH SWEET CHILI DIPPING SAUCE

CLASSIC | FAMILY FAVORITE | PARTY WORTHY

These are tastier and healthier than frozen. Be sure to pinch the upper edges of each pot sticker tightly so it doesn't open up while it's cooking.

**Start to Finish** 35 minutes  
(10 minutes active)

Servings 8

- Vegetable cooking spray
- ½ pound ground pork
- 1 (4-ounce) can water chestnuts, drained and chopped
- 1 (4-ounce) can mushrooms, drained and chopped
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon Sriracha
- 1 tablespoon chopped cilantro
- 1 tablespoon chopped scallions
- 1 (12-ounce) package round dumpling wrappers
- Sweet chili sauce
- Cilantro sprigs, optional

- 1 Preheat air fryer to 400°F
- 2 Spray air fryer basket or tray with vegetable cooking spray.
- 3 In a large skillet over medium-high heat, cook pork, water chestnuts, mushrooms, soy sauce, sesame oil, Sriracha, cilantro and scallions for 6 minutes; remove from heat.
- 4 Place a dumpling wrapper on a clean work surface. Place a heaping teaspoonful of pork mixture in center of wrapper. Moisten edges with water

Pull both sides up like a taco and pinch small pleats along the open edge to seal. (You may not use all the wrappers with this recipe.)

5 Place pot stickers in air fryer basket so they don't touch (you may need to work in batches). Cook for 3 minutes, flip and cook 3 minutes more. Serve with sweet chili sauce; garnish with cilantro sprigs, if desired

## MOZZARELLA STICKS

CLASSIC | FAMILY FAVORITE | KID-FRIENDLY

The secret to that super-crunchy crust? Each cheese stick gets two coats of breadcrumbs.

**Start to Finish** 1 hour 23 minutes  
(15 minutes active)

Servings 16

- 16 mozzarella string cheese sticks
- 1 egg
- 1 cup plain breadcrumbs
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- ½ cup all-purpose flour
- Marinara sauce
- Chopped parsley, optional

- 1 Set cheese sticks on a parchment-lined plate and freeze for 30 minutes.
- 2 In a shallow bowl, beat egg. In another shallow bowl, combine breadcrumbs, onion powder, garlic powder and salt.
- 3 When cheese sticks are frozen, place flour in a zip-close bag. Toss sticks into bag of flour and shake to evenly coat. Roll each stick in the egg, then in the breadcrumbs (reserve remaining egg and breadcrumbs for the second coat). Place sticks back on plate and freeze for 30 more minutes.
- 4 Preheat air fryer to 390°F. Spray air fryer basket or rack with vegetable cooking spray. Coat sticks in egg then breadcrumbs one more time, then transfer to air fryer.
- 5 Cook for 8 minutes, until crispy and golden brown. Serve immediately with marinara sauce and garnish with parsley, if desired



## Cook's Notes

Mozzarella sticks are best right out of the fryer so they're still melting as you eat them. For maximum gooeyness, use fresh mozzarella and cut it into sticks. Freeze fresh sticks for an hour rather than 30 minutes before coating.





Soft Pretzels

## SOFT PRETZELS

CROWD PLEASER | UNDER 30 MINUTES

This beloved snack is easy to find in any grocery store in its hard version—but nothing beats warm soft pretzels! Try them with obazda, a buttery, cheesy Bavarian dip that's traditionally served at Oktoberfest.

**Start to Finish** 30 minutes

(15 minutes active)

**Servings** 4

- 1 crescent dough sheet  
All-purpose flour, for dusting

- $\frac{1}{2}$  cup water, at room temperature  
Coarse kosher salt  
Cooking spray

- 1 Roll out dough on a lightly floured surface into an 8- x 6-inch rectangle
- 2 Cut out eight 1-inch-wide strips using a sharp knife. Roll dough strips into ropes before shaping into pretzels, twisting and sealing ends of dough to complete.
- 3 Brush with water and sprinkle with salt.
- 4 Preheat air fryer to 330°F. Spritz basket with cooking spray before arranging half the pretzels in basket. Leave space between pretzels; they will puff up as they bake.

5 Bake for 6-8 minutes until golden and cooked through. Remove to a baking rack to cool.

6 Repeat for remaining pretzels.

## JALAPEÑO POPPERS

CROWD PLEASER | UNDER 30 MINUTES

This open-face version of the beloved appetizer doesn't need to be deep-fried. The jalapeño seeds bring the heat, so be sure to remove them all if you don't like it too hot.

**Start to Finish** 22 minutes

(12 minutes active)

**Servings** 4

- 8 fresh jalapeños
- 8 ounce package cream cheese, softened
- 2 cooked bacon slices, crumbled
- $\frac{1}{4}$  cup Monterey Jack, shredded
- Salt
- Freshly ground black pepper
- Cooking spray
- 2 tablespoons fresh parsley, chopped

- 1 Preheat air fryer to 370°F. Split jalapeños in half, scraping out seeds and white ribs
- 2 Stir together cream cheese, bacon and  $\frac{2}{3}$  of the Monterey Jack in a mixing bowl. Season to taste with salt and pepper
- 3 Spoon filling into jalapeño halves and arrange half in air fryer basket. Spritz with cooking spray and top with half of remaining Monterey Jack.
- 4 Working in two batches, cook for about 6 minutes, until jalapeños are tender to the tip of a knife and golden on top; cook for 2-3 minutes longer for softer poppers.
- 5 Remove from air fryer and let cool on a baking rack, covered with aluminum foil. Repeat cooking for remaining poppers, topping with remaining Monterey Jack.
- 6 When ready, serve poppers with a garnish of chopped parsley



## CHICKEN MEATBALLS

UNDER 30 MINUTES

**Chicken provides healthy, lean protein in this dish. Make a few batches ahead of time and freeze them for those nights when you don't want to cook from scratch.**

**Start to Finish** 22 minutes  
(12 minutes active)

**Servings** 4

- 1 pound ground chicken
- 1 egg
- ¼ cup Parmesan cheese, grated
- ¼ cup plain breadcrumbs, plus extra for rolling
- 1 garlic clove, finely chopped
- 1 teaspoon dried rosemary
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- Cooking spray
- Rosemary sprigs, to garnish

- 1 Mix ground chicken, egg, Parmesan, breadcrumbs, garlic, dried rosemary, salt and pepper in a large mixing bowl.
- 2 Divide and shape into meatballs, rolling in additional breadcrumbs to coat. Preheat air fryer to 400°F.
- 3 Spritz basket with cooking spray. Place meatballs in basket in a single layer.
- 4 Spritz meatballs with cooking spray. Cook 12 minutes, turning once.
- 5 Remove from air fryer when ready; cook second batch if needed.
- 6 Serve warm, threaded onto rosemary sprigs if desired.

## CHEESY TOMATO BRUSCHETTA

CROWD PLEASER

**These toasted bread slices, topped with fresh tomatoes and cheese, are always a party favorite.**

**Start to Finish** 30 minutes  
(15 minutes active)

**Servings** 4

- 3 tablespoons extra-virgin olive oil
- 1 large garlic clove, minced
- 3 large tomatoes, cored, seeded and diced
- Salt
- Freshly ground black pepper
- 1 small baguette, cut on bias into eight slices
- 1 cup shredded mozzarella
- Dried oregano

- 1 Preheat air fryer to 360°F. Line basket with parchment paper and set a wire rack or trivet in it.

- 2 Stir together olive oil and garlic in a mixing bowl. Add tomatoes and some salt and pepper to taste, stirring thoroughly to combine.
- 3 Top baguette slices with shredded mozzarella. Arrange half of the bruschetta slices on wire rack.
- 4 Cook for 5-7 minutes until cheese is golden-brown. Remove from air fryer and top with dressed tomato mixture.
- 5 Repeat step 4 for remaining bruschetta. When ready to serve, garnish with a sprinkle of dried oregano.



Cheesy Tomato Bruschetta

TRY THIS DISH WITH  
A SIDE OF OUR GARLIC  
PARMESAN ASPARAGUS  
(THE RECIPE'S ON  
PG. 106).

SEE  
PG. 43

Maple Glazed Pork  
Loin Roast



A background image showing a glass of beer with ice cubes and a plate of food, including green beans and a piece of meat, on a wooden surface.

**SAVORY**

# MEAT

YOU'LL FIND PLENTY OF YOUR  
FAVORITE DISHES HERE,  
INCLUDING QUITE A FEW WITH  
AN INTERNATIONAL FLAIR—  
AND ALL MADE EASILY  
WITH AN AIR FRYER.

## Cook's Notes

When cooking rice, the basic ratio is 2 cups of water for 1 cup of uncooked rice. One cup of uncooked white rice yields about 3 cups of cooked rice. Count on serving about  $\frac{1}{2}$  cup to 1 cup per person.





## BEEF AND BROCCOLI

AMERICAN-CHINESE CUISINE | COPYCAT

Try marinating the pepper flakes in oil—they'll soften a bit and add flavor to the oil, which you can then drizzle on each dish to taste.

**Start to Finish** 55 minutes  
(10 minutes active)

**Servings** 4

- ¾ pound top round steak,**  
cut into strips
- 1 pound broccoli florets**
- ½ cup oyster sauce**
- 2 tablespoons soy sauce**
- 2 tablespoons sesame oil**
- 1 teaspoon minced garlic**
- 1 teaspoon minced ginger**
- 4 cups cooked rice**
- Garnish:** red pepper flakes

- 1** Mix first 7 ingredients in a large bowl and marinate for 30 minutes
- 2** Add to the air fryer pan and place in basket or rack.
- 3** Cook at 350°F for 12–14 minutes.
- 4** Serve over rice and garnish with pepper flakes, if desired

## COUNTRY STYLE RIBS

SOUTHERN CUISINE | UNDER 30 MINUTES

Country-style ribs are meatier than other cuts of ribs. Serve them with sides of baked beans and potato salad.

**Start to Finish** 25 minutes  
(20 minutes active)

**Servings** 4

- 1 pound boneless country-style pork ribs**
- 1 tablespoon olive oil**
- 3 tablespoons barbecue rub seasoning**
- 1 cup barbecue sauce, warmed**

- 1** Brush ribs with oil. Sprinkle barbecue rub on both sides of ribs.
- 2** Place ribs in air fryer basket or racks



Country Style Ribs

- and cook at 350°F for 18–20 minutes, turning them halfway through.
- 3** Remove from air fryer and brush on barbecue sauce to serve

## MAPLE GLAZED PORK LOIN ROAST

COMFORT FOOD | EASY | FAMILY FAVORITE

The glaze gives a slightly sweet flavor to this tasty roast. Any leftovers? Try them in a sandwich with grainy mustard.

**Start to Finish** 75 minutes  
(45 minutes active)

**Servings** 6

- ½ cup maple syrup**
- ¼ cup apple juice**
- 1 tablespoon Italian seasoning blend**

- ½ teaspoon salt**
- ½ teaspoon ground black pepper**
- 1 (3-pound) boneless pork loin roast**

- 1** In a medium bowl, combine maple syrup, apple juice, Italian seasoning, salt and pepper
- 2** Place the pork loin roast fat side down into the air fryer basket or rack.
- 3** Cook at 350°F for 15 minutes, flip pork over and cook for another 15 minutes fat-side up
- 4** Flip the loin one more time and brush with half of the glaze.
- 5** Turn air fryer to 250°F and cook for 10 minutes. After 5 minutes, brush on the remaining glaze
- 6** Check temperature with a meat thermometer. Internal temperature should be 145°F.
- 7** Remove roast from air fryer and let rest on a cutting board for 15 minutes before slicing.



## ITALIAN PORK CHOPS WITH MARINARA

FAMILY FAVORITE | PARTY WORTHY

The light breading helps keep the pork juicy.

**Start to Finish** 28 minutes  
(10 minutes active)

**Servings** 4

- Vegetable cooking spray
- 4 (6-ounce) bone-in pork chops

- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ½ cup grated Parmesan cheese
- ½ cup seasoned Italian breadcrumbs
- 2 tablespoons chopped Italian parsley
- 1 egg
- ½ cup shredded mozzarella cheese
- 1 cup marinara sauce
- Basil leaves

- 1 Preheat air fryer to 380°F.
- 2 Spray basket or tray with vegetable cooking spray.

- 3 Season pork chops with salt, pepper and garlic powder. In a medium bowl, mix together Parmesan cheese, breadcrumbs and chopped parsley.
- 4 In a shallow bowl, beat egg
- 5 Dip each chop in egg, then dredge in breadcrumb mixture, coating completely. Lightly spray both sides of each chop with cooking spray.
- 6 Place chops in basket; cook for 8 to 12 minutes, flipping after 6 minutes. Top with cheese; cook 2 more minutes to melt cheese.
- 7 Serve warm with individual portions of marinara sauce on the side; garnish with basil leaves.

## BEEF RIB-EYE STEAKS WITH HERBED GARLIC BUTTER

CLASSIC | FAMILY FAVORITE

This is best with fresh herbs; if you only have dried, rub them with your fingers to enhance their flavor before adding.

**Start to Finish** 20 minutes  
(10 minutes active)

**Servings** 2

- Vegetable cooking spray
- 2 tablespoons butter, at room temperature
- 1 teaspoon chopped parsley
- 1 teaspoon chopped oregano
- 1 teaspoon chopped basil
- 1 teaspoon minced garlic
- 2 (12-ounce) boneless rib-eye steaks
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- Basil leaves

- 1 Preheat air fryer to 400°F
- 2 Spray rack with cooking spray
- 3 In a small bowl, combine butter, parsley, oregano, basil and garlic. Mix well; set aside.
- 4 Sprinkle steaks with salt and pepper.
- 5 Place steaks in basket or rack, and cook for 3 minutes; flip and cook for an additional 3 minutes.
- 6 Top with herbed garlic butter, garnish with basil leaves and serve

A top-down photograph of two thick-cut beef rib-eye steaks resting on a piece of white parchment paper, which is placed on a wooden cutting board. Each steak is topped with a large, rounded pat of white herb butter, garnished with finely chopped green herbs. Several fresh basil leaves are scattered around the steaks. A large, dark-handled knife is positioned diagonally across the top left of the frame, and a smaller knife with a light-colored handle is on the right side. The background is a warm, light-colored wooden surface.

## Cook's Notes

A rib-eye is a well-marbled steak that is one of the most tender cuts of meat. When cooked, the fat tenderizes the meat and gives it rich flavor. To simplify this recipe, omit the herbed garlic butter, as seen on the back cover.

Beef Rib-Eye Steaks With  
Herbed Garlic Butter



Baby Back Ribs

## Cook's Notes

Baby back ribs are shorter than some other cuts, like St. Louis ribs. They aren't as meaty as country-style ribs, but they've got a good amount of meat while still being lean. They cook well in an air fryer, which keeps them moist.

## BABY BACK RIBS

EASY FAMILY FAVORITE KID FRIENDLY

**Liquid smoke gives a just-off-the-grill flavor to these succulent ribs.**

**Start to Finish** 50 minutes  
(5 minutes active)

**Servings** 2

**Vegetable cooking spray**

- 1 rack baby back ribs
- 1 tablespoon canola oil
- 1 tablespoon liquid smoke
- 2 teaspoons kosher salt
- 1 teaspoon ground black pepper
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon brown sugar

**Barbecue sauce of your choice**

- 1 Preheat air fryer to 400°F.
- 2 Spray basket or tray with cooking spray
- 3 Cut rack of ribs into sections to fit air fryer. Pat ribs dry with paper towel, then rub all over with oil and liquid smoke
- 4 In a small bowl, combine salt, pepper, chili powder, onion powder, garlic powder and brown sugar. Sprinkle the seasonings over the ribs
- 5 Cook for 30 to 40 minutes  
Brush with barbecue sauce and cook for 5 more minutes

## BEEF AND BEAN CHILI

FAMILY FAVORITE | PARTY-WORTHY | TEX-MEX

**Serve this hearty dish over rice, then let everyone pick their own toppings.**

**Start to Finish** 60 minutes  
(45 minutes active)

**Servings** 4

- 1 onion, chopped
- 1 tablespoon olive oil
- 1 pound ground beef
- 1 cup beef broth

- 2 tablespoons tomato paste
  - ½ teaspoon salt
  - ¼ teaspoon ground black pepper
  - 1 tablespoon chili powder
  - 1 teaspoon cumin
  - 1 (15-ounce) can diced tomatoes
  - 1 (15 ounce) can kidney beans, drained and rinsed
- Toppings:** shredded cheddar cheese, sliced green onions, mini saltine crackers

- 1 Place onion in a pan and put in the air fryer basket or rack. Drizzle with oil.

Set air fryer to 350°F and cook for 5 minutes.

- 2 Add the beef to the pan, stirring until broken up. Cook for 5 minutes.
- 3 Add broth, tomato paste, salt, pepper, chili powder and cumin, stirring to break up beef further.
- 4 Cook for 5 minutes
- 5 Stir in tomatoes and cook for 20-25 minutes, stirring halfway through cooking process.
- 6 Stir in beans and cook for another 5 minutes.
- 7 Serve with desired toppings.



## Cook's Notes

Five-spice powder, used to season this pork, is an aromatic blend usually comprised of fennel seeds, cinnamon, cloves, Sichuan pepper and star anise. It works particularly well with fattier meats, like pork, and can be found in most grocery stores.

### Sweet and Sour Pork

#### SWEET AND SOUR PORK

CLASSIC | EASY | FAMILY FAVORITE

**Pork stays juicy and tender in the air fryer version of the beloved Chinese takeout dish.**

**Start to Finish** 30 minutes  
(15 minutes active)

**Servings** 4

Vegetable cooking spray  
 $\frac{1}{2}$  cup all-purpose flour  
 $\frac{1}{2}$  cup cornstarch  
 2 teaspoons Chinese five-spice powder  
 1 teaspoon salt  
 $\frac{1}{2}$  teaspoon ground black pepper  
 1   
 2 tablespoons milk  
 1 pound boneless pork, cut into 1-inch cubes

$1\frac{1}{2}$  cups large chunks mixed red, green and yellow bell peppers  
 $\frac{1}{2}$  cup ketchup  
 2 tablespoons rice wine vinegar  
 2 tablespoons brown sugar  
 $\frac{1}{4}$  cup orange juice  
 1 tablespoon soy sauce  
 1 teaspoon minced garlic  
 1 cup cubed pineapple  
 Cooked white rice  
 Sliced scallions, optional



- 1 Preheat air fryer to 400°F.
- 2 Spray basket or tray with cooking spray.
- 3 In a bowl, combine flour, cornstarch, five-spice powder, salt and pepper. In a second bowl, beat egg and milk.
- 4 Dredge pork cubes in flour mixture, then dip in egg, then dredge again in flour to coat well. Set aside.
- 5 Spray bell peppers with cooking spray, place them in basket or tray and cook for 5 minutes, shaking halfway through.
- 6 Meanwhile, in a medium saucepan over medium heat, mix ketchup, vinegar, brown sugar, orange juice, soy sauce and garlic; bring to a boil. Reduce heat; simmer for 5 minutes.
- 7 Add bell peppers and pineapple chunks to saucepan. Simmer for an additional 2 minutes. Set aside and keep warm.
- 8 Spray pork cubes with vegetable cooking spray. Add pork to basket or tray and cook for 6 minutes, shaking basket halfway through.
- 9 Add cooked pork to saucepan; stir to coat. Serve over white rice and garnish with sliced scallions, if desired.

## ROAST BEEF

FAMILY FAVORITE

**Let this traditional roast be the centerpiece of your Sunday dinner. All you need is pan gravy, roasted potatoes and some veggies.**

**Start to Finish** 60 minutes  
(15 minutes active)

**Servings** 4-6

- **pounds beef roast, trimmed**
- **tablespoons olive oil**
- Flaked sea salt**
- Freshly ground mixed peppercorns**

- 1 Preheat air fryer to 360°F. Rub roast with olive oil and liberally season with salt and pepper.
- 2 Tie at intervals with kitchen twine to secure.
- 3 Spritz air fryer basket with cooking spray. Place roast in basket and cook

for 45 minutes for medium-rare; cook for additional 5-minute intervals for more well-done meat.

- 4 Remove roast from air fryer and cover loosely with aluminum foil, letting it rest for at least 10 minutes before slicing and serving.

## VEAL SALTIMBOCCA

UNDER 30 MINUTES

**This dish's name means "jump in the mouth" with flavor. Sounds right!**

**Start to Finish** 22 minutes  
(10 minutes active)

**Servings** 4

- 4 **thin veal cutlets, trimmed**  
(less than ¼-inch thick)

**Salt**

**Freshly ground black pepper**

- 4 **slices cured ham, like prosciutto**
- 8 **fresh sage leaves**
- 2 **tablespoons butter, melted**
- Balsamic vinegar**
- Extra-virgin olive oil**

- 1 Preheat air fryer to 390°F
- 2 Liberally season cutlets with salt and pepper. Top each with a slice of cured ham and 2 sage leaves; roll up and secure with toothpicks. Brush with melted butter.
- 3 Place in basket and cook for 8 minutes. Reduce heat to 330°F and cook for 4 minutes further until veal is browned all over and cooked through.
- 4 Remove from air fryer and serve with a drizzle of balsamic vinegar and extra-virgin olive oil.



Meatloaf



**TRY...** serving the leftover meatloaf as hearty sandwiches on thick sourdough bread.

## MEATLOAF

FAMILY FAVORITE

A home-cooked meatloaf is a classic meal. Seasoned with herbs and onion, our version is extra tasty.

**Start to Finish** 45 minutes  
(20 minutes active)

**Servings** 4

### Cooking spray

- 1 pound ground beef, 80% lean
- 1 egg, lightly beaten

2 tablespoons dry fine breadcrumbs

1 white onion, roughly diced

2 celery stalks, peeled and roughly diced

1 teaspoon dried thyme

½ teaspoon dried rosemary

1 teaspoon kosher salt

½ teaspoon fresh ground black pepper

3 tablespoons ketchup

1 tablespoon canola oil

**1** Preheat air fryer to 390°F. Spritz a

1 pound loaf pan with cooking spray

**2** In a mixing bowl combine beef, egg, breadcrumbs, onion, celery, herbs, salt, pepper and 1 tablespoon ketchup.

**3** Shape meatloaf mixture to fit loaf pan; the top should be slightly rounded. Brush top with canola oil.

**4** Air fry for 25 minutes until golden-brown on top. Remove from air fryer and brush with remaining ketchup.

**5** Cover pan with aluminium foil and let stand for 10 minutes before turning out, slicing and serving.

## COUNTRY FRIED STEAK

SOUTHERN CUISINE | UNDER 30 MINUTES

Sometimes called chicken fried steak, this much-loved dish is often served with a creamy, milk-based gravy on the side, but it's delicious with any gravy you like.

**Start to Finish** 25 minutes  
(10 minutes active)

**Servings** 4

1 cup flour

1 teaspoon salt

1 teaspoon ground black pepper

1 teaspoon garlic powder

1 teaspoon onion powder

1 cup buttermilk

1 teaspoon hot sauce

1 egg

4 (6-ounce) cube steaks

Gravy

**1** You'll need 2 shallow bowls: In one, combine flour, salt, pepper, garlic powder and onion powder; in the second, beat buttermilk, hot sauce and egg.

**2** Dredge steaks in the seasoned flour mixture, shaking off any excess

**3** Dredge in the buttermilk mixture, allowing access to drip off.

**4** Dredge in the flour mixture again, shaking off excess

**5** Place breaded steaks in air fryer basket or racks. Lightly coat with cooking spray

**6** Cook at 400°F for 8 minutes, turning halfway through the cooking process.

**7** Remove from air fryer. Serve with gravy on the side.



Country Fried Steak





Caribbean Jerk Pork

## HERB-CRUSTED PORK CHOPS

FAMILY FAVORITE

**A garlic-and herb crust adds sophisticated flavor.**

**Start to Finish** 34 minutes  
(24 minutes active)

**Servings** 4

- 4 garlic cloves, crushed
- 3 tablespoons fresh parsley, chopped
- 3 tablespoons fresh thyme, leaves picked
- 3 tablespoons fresh rosemary, chopped
- 1 lemon, juiced
- 1 tablespoon olive oil
- 2 tablespoons Dijon mustard
- 4 bone-in pork chops, 8 ounces each, trimmed
- Salt
- Freshly ground black pepper
- Cooking spray

- 1 Preheat air fryer to 360°F.
- 2 Stir together crushed garlic, parsley, thyme, rosemary, lemon juice, olive oil and mustard in a mixing bowl
- 3 Season pork chops with salt and pepper. Spray with cooking spray and arrange two in a 6-inch baking pan.
- 4 Place pan in air fryer and cook for 12 minutes, turning after 6 minutes and topping with half the herb mixture. Remove from the air fryer when ready and cover loosely with aluminum foil.
- 5 Cook remaining pork chops in same fashion. Let rest under aluminum foil for at least 5 minutes before serving.

## CARIBBEAN JERK PORK

CROWD PLEASER

**Jerk seasoning, which originated in Jamaica, adds heat and sweet spiciness to this dish.**

**Start to Finish** 55 minutes,  
plus 4 hours chill time  
(25 minutes active)

**Servings** 4



Herb-Crusted Pork Chops

- 4 garlic cloves, crushed
- 4 scallions, diced
- 1 Scotch bonnet chili, seeded
- 1 tablespoon fresh thyme leaves
- 2 teaspoons fresh ginger, peeled and chopped
- 2 tablespoons white vinegar
- 1½ tablespoons water
- 1 tablespoon brown sugar
- ½ teaspoon ground allspice
- 1 pinch freshly grated nutmeg
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1½ pounds pork butt, trimmed and cut into 3-inch pieces
- Cooking oil
- 1½ cups long-grain rice, rinsed and drained
- 3 cups chicken broth
- 1 cup canned kidney beans, drained
- Fresh oregano, to serve

- 1 Combine first 12 ingredients in a food processor. Blend on high until a paste

- forms, scraping down sides. In a mixing bowl, rub pork with jerk paste. Cover; chill for at least 4 hours.
- 2 After chilling, let pork stand at room temperature for 20 minutes.
- 3 Preheat air fryer to 380°F. Spray basket with cooking spray and arrange pork in basket, spritzing with more cooking spray
- 4 Cook for 30 minutes, turning halfway.
- 5 Meanwhile, combine rice and broth in a heavy saucepan. Bring to a boil; cover and cook over low heat until rice is tender to the bite, 20 minutes; add kidney beans after 10 minutes.
- 6 Remove from heat and let cool, still covered. Remove pork from air fryer when ready and let rest, covered loosely with aluminum foil for 10 minutes.
- 7 When ready to serve, fluff rice with a fork to separate grains. Season with salt and pepper before dividing between bowls. Slice pork and place on top; garnish with oregano.

## SAUSAGE CALZONES

EASY | ITALIAN CUISINE | UNDER 30 MINUTES

**Store-bought pizza dough isn't just for pizzas! These little handheld treats put it to perfect use.**

**Start to Finish** 20 minutes

(5 minutes active)

**Servings** 8

- 1 (13.8 ounce) can refrigerated pizza dough
- ¼ cup pizza sauce
- 3 tablespoons diced red onion
- ¼ cup cooked Italian sausage
- ¼ cup shredded mozzarella
- Marinara sauce

- 1 On a floured surface, roll out pizza dough. Using a cookie cutter or large drinking glass, cut dough into eight 3-inch circles.
- 2 Place pizza sauce, onion, sausage and mozzarella on 1 side of dough rounds. Do not overfill.
- 3 Fold over into half-moon shape and seal edges with tines of a fork.
- 4 Place calzones in air fryer basket or rack (you may need to cook in batches).
- 5 Cook at 400°F for 6 minutes or until browned.
- 6 Serve with marinara sauce.



Classic Pork Schnitzel

## CLASSIC PORK SCHNITZEL

FAMILY FAVORITE

**We updated this German dish by using crushed cornflakes instead of breadcrumbs. They give the pounded-thin cutlets extra crunch.**

**Start to Finish** 30 minutes

(15 minutes active)

**Servings** 4

- ¾ cup all-purpose flour
- 3 cups cornflakes, roughly crushed
- 1 egg
- 1 cup milk
- Salt
- Freshly ground black pepper
- 4 boneless pork chops, pounded to ½ to ¼-inch-thick cutlets
- Cooking spray

- 1 Place flour in one shallow dish, and cornflakes in a second dish. Beat egg and milk together in a third dish. Season each with salt and pepper.
- 2 Dust cutlets in seasoned flour, shaking off excess. Dip into egg and milk mixture, let excess drip off, and then dredge in crushed cornflakes, coating them evenly.
- 3 Preheat air fryer to 360°F. Spray basket with cooking spray. Arrange cutlets in basket and spritz with spray.
- 4 Cook for 15 minutes, turning halfway through cooking, until firm to the touch and cooked through.
- 5 Remove from air fryer and let cool briefly on a baking rack, covered with aluminum foil, before serving.

## PULLED PORK BURRITOS

FAMILY FAVORITE | KID-FRIENDLY

**A sweet lime marinade makes the pork extra flavorful in these burritos that are filled with a rainbow of colorful veggies.**

**Start to Finish** 40 minutes

(35 minutes active)

**Servings** 6

- ¾ cup thawed limeade concentrate
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1 teaspoon ground black pepper, divided
- 1½ pounds boneless pork tenderloin, cut into thin strips
- Vegetable cooking spray
- 1 small green pepper, chopped
- 1 cup seeded and chopped plum tomatoes
- 1 small purple onion, chopped
- ¾ cup minced fresh cilantro
- 1 jalapeño pepper, seeded and chopped
- 1 tablespoon lime juice
- 1 teaspoon sea salt
- 6 (12-inch) flour tortillas
- 3 cups cooked yellow rice
- 1 (15-ounce) can black beans, drained and rinsed
- 1½ cups sour cream
- 2 cups guacamole
- Cilantro leaves

- 1 In a large shallow dish, combine limeade concentrate, oil, salt and ½ teaspoon pepper; add pork. Turn to coat; cover and refrigerate at least 20 minutes.
- 2 Preheat air fryer to 350°F.
- 3 Spray basket or tray with vegetable cooking spray.
- 4 For salsa, in a small bowl, combine the tomatoes, green pepper, onion, cilantro, jalapeño, lime juice and sea salt. Set aside.
- 5 Drain pork, discarding marinade. Place meat in prepared basket or tray. Cook until pork is no longer pink, 8 to 10 minutes, turning halfway through.
- 6 Meanwhile, char tortillas: On a gas stove with heat set at medium, place a tortilla directly on grate for a few seconds. Use tongs to flip tortilla and char other side in same manner.
- 7 When pork is done cooking, place on cutting board; use 2 forks to shred.
- 8 In the middle of each tortilla, spoon ½ cup rice, ¼ cup salsa, ¼ cup black beans and ¼ cup sour cream; top with about ½ cup pork.
- 9 Fold sides and ends over filling and roll. Serve with remaining salsa, sour cream and guacamole. Garnish with cilantro leaves.



IF YOUR BURRITO-ROLLING  
SKILLS NEED SOME  
PRACTICE, SERVE THIS  
DISH OPEN-FACE IN  
A BOWL INSTEAD!

Pulled Pork  
Burritos

## STEAK QUESADILLA

EASY | MEXICAN CUISINE | UNDER 30 MINUTES

If you're tired of your regular lunch sandwiches, try this version! It's a great way to use leftover steak (or substitute chicken or shrimp).

**Start to Finish** 15 minutes  
(10 minutes active)

**Servings** 1

- 2 (6-inch) flour tortillas
- Vegetable oil cooking spray
- ¼ cup sliced, cooked steak
- ¼ cup shredded Monterey Jack cheese
- 1 tablespoon chopped green onion
- Garnishes:** salsa, sour cream, guacamole

- 1 Spray one side of tortilla with cooking spray and place in air fryer basket or rack, sprayed side down. Top the tortilla with steak, cheese and green onion.
- 2 Place the second tortilla over the fillings; spray the top with cooking spray.
- 3 Cook at 400°F for 10 minutes, or until the cheese is melted.
- 4 Serve immediately with salsa, sour cream and guacamole, if desired.

## BACON CHEESEBURGER DELUXE

CROWD PLEASER

Seasoned beef makes these burgers extra savory and once you pile on the toppings, we're sure they'll become a go-to dish for busy nights.

**Start to Finish** 31 minutes  
(10 minutes active)

**Servings** 4

- 1½ pounds ground beef, 80% lean
- 2 tablespoons barbecue sauce
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 4 bacon slices, cut in half
- 4 slices American or colby jack cheese
- 4 sesame seed rolls, split
- 4 large bibb lettuce leaves, washed
- 1 beefsteak tomato, thinly sliced
- 1 white onion, thinly sliced
- Ketchup

- 1 Preheat air fryer to 370°F. Pour a little water into bottom of air fryer basket.

2 Mix together ground beef, barbecue sauce, salt, pepper, garlic powder and onion powder in a mixing bowl.

3 Divide and shape into four patties with your hands; make a thumb imprint in the center of each patty to help patties keep their shape when frying. Transfer to basket in a single layer.

4 Cook for 10 minutes. Flip and place 2 half slices of bacon on each patty. Cook for an additional 6-10 minutes (6 minutes if you want a rare burger, up to 10 for well done).

5 Remove bacon from patties and keep warm wrapped in aluminium foil. Top each patty with a slice of cheese, then return them to air fryer for another minute or until melted.

6 When ready to assemble, place lettuce on bottom halves of buns. Place patties on top, spreading with ketchup.

7 Top with tomato, onion and bacon. Put on the tops of buns before serving.

## CARNE ASADA TACOS

CROWD PLEASER

Carne asada means “grilled meat”—which makes a mouthwatering filling for tacos, especially when it's been marinated in citrus and spice.

**Start to Finish** 45 minutes, plus 4 hours chill time  
(35 minutes active)

**Servings** 4

- 2 limes, juiced
- 1 orange, peeled and segmented
- 1 cup fresh cilantro, plus extra to garnish
- 1 small jalapeño, diced
- 2 tablespoons canola oil
- 2 tablespoons vinegar
- 2 teaspoons ancho chili powder
- 1 teaspoon white sugar
- 1 teaspoon salt
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 2 pounds skirt steak, trimmed
- Cooking spray
- 4 flour tortillas
- ½ red cabbage, shredded
- Sour cream



Bacon  
Cheeseburger  
Deluxe



Beef Empanadas

- 1 Combine lime juice, orange segments, cilantro, jalapeño, oil, vinegar, chili powder, sugar, salt, cumin seeds and coriander seeds in a food processor.
- 2 Blend on high until smooth, scraping down sides of processor as needed.
- 3 Cut steak into 4 pieces. Place them in a shallow dish and pour over marinade, turning steak to coat. Cover and chill for at least 4 hours, preferably longer.
- 4 Let steak stand at room temperature for 20 minutes.
- 5 When ready to cook, preheat air fryer to 400°F. Spritz basket with cooking spray and add steak to it.
- 6 Cook for 8 minutes until steak reaches 145°F on a meat thermometer.
- 7 Remove steak from air fryer and let rest, covered loosely with aluminum foil, for 10 minutes.
- 8 When ready to assemble, warm the tortillas in a dry frying pan set at medium heat. Slice steak across the grain into strips.
- 9 Fill tortillas with steak and red cabbage. Spoon over some sour cream and garnish with cilantro before serving.

## BEef EMPANADAS

CROWD PLEASER

**These handheld savory pastries are bursting with flavor. Achioté powder, made from the seeds of the annatto tree, adds a bright orange hue and a hint of sweet, peppery taste.**

**Start to Finish** 57 minutes

(25 minutes active)

**Servings** 8

- 2 tablespoons canola oil
- 1 white onion, diced
- 2 garlic cloves, crushed
- Salt
- 2 teaspoons dried oregano
- 2 teaspoons ground cumin
- 1 teaspoon achioté powder
- 1 pound ground beef, 80% lean
- 2 cups baby spinach
- 1/2 cup pimento-stuffed green olives
- Freshly ground black pepper
- Cooking spray
- 8 frozen empanada discs, thawed
- 1 egg white, lightly beaten with 1 tablespoon water

- 1 Heat canola oil in a large sauté pan over medium heat until hot. Add onion, garlic and a pinch of salt, stirring until softened, about 5-6 minutes.
- 2 Stir in dried oregano, cumin and achioté powder. Cook for an additional minute, stirring occasionally.
- 3 Raise heat to medium high; add ground beef to pan and brown well, breaking it up with a wooden spoon.
- 4 Once browned, stir in spinach and cook until wilted, 2-3 minutes. Remove from heat, stir in olives and season to taste with salt and pepper as needed.
- 5 Preheat air fryer to 320°F. Spritz basket with cooking spray.
- 6 Place 2 tablespoons beef filling in center of each empanada disc. Brush edges with a little beaten egg white before folding over into semicircles, sealing edges with a fork.
- 7 Brush all over with more beaten egg white. Arrange 2 to 3 empanadas in basket and cook until golden-brown, about 8 minutes, turning once halfway through.
- 8 Remove from air fryer when ready and keep warm under aluminum foil. Repeat cooking for remaining empanadas before serving.



A top-down view of a white oval plate with a red rim, filled with General Tso's Chicken. The chicken pieces are golden-brown and coated in a dark, glossy sauce, garnished with black sesame seeds. Several green onions are scattered on top. A silver fork is visible on the left side of the plate.

PUT DOWN THE PHONE  
AND SKIP THE  
TAKEOUT WITH THIS  
TASTY CHICKEN DISH

SEE  
PG. 80

General Tso's  
Chicken



# **DELICIOUS** **POULTRY**

**NO MORE BORING DISHES  
WITH THE AIR FRYER! EXPLORE  
FOODS FROM INDIA, CHINA,  
MEXICO (AND TENNESSEE!)  
IN THESE RECIPES THAT  
TURN BASIC CHICKEN  
AND TURKEY INTO  
SOMETHING MEMORABLE**

## CHICKEN NUGGETS

EASY | FAMILY FAVORITE

Marinating chicken in buttermilk makes it super tender. Nuggets this good are for grown-ups, too!

**Start to Finish** 30 minutes  
(20 minutes active)

**Servings** 4

- 2 chicken breasts, cubed
- ½ cup buttermilk
- ½ cup breadcrumbs
- 2 tablespoons panko bread crumbs
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- Vegetable oil cooking spray

- 1 In a large bowl, combine chicken and buttermilk. Let soak for 10 minutes.
- 2 In another bowl, combine breadcrumbs, panko breadcrumbs, paprika, salt and pepper.
- 3 Drain chicken and add to breadcrumb mixture; toss to coat.
- 4 Add chicken to air fryer basket or racks and spray with cooking spray (you may need to work in batches).
- 5 Cook at 400°F for 8 minutes, turning over halfway through cooking.
- 6 Repeat with the remaining nuggets, if necessary. Serve with your favorite dipping sauces on the side.

## GENERAL TSO'S CHICKEN

CLASSIC | EASY | FAMILY FAVORITE

The mouthwatering sauce is delicious on lots of other air fryer-cooked proteins, like shrimp, beef or tofu.

**Start to Finish** 30 minutes  
(14 minutes active)

**Servings** 4

- Vegetable cooking spray
- ½ cup chicken broth
- 2 tablespoons sesame oil
- 2 tablespoons soy sauce, divided
- 1 tablespoon hoisin sauce
- 3 tablespoons cornstarch, divided
- 1 teaspoon minced garlic
- 1 teaspoon Sriracha
- 1 pound skinless, boneless chicken breasts, cut into bite-size pieces
- 1 teaspoon sliced scallions
- 1 teaspoon toasted sesame seeds
- 1 teaspoon black sesame seeds

- 1 Preheat air fryer to 400°F.
- 2 Spray basket or tray with vegetable cooking spray.
- 3 To make the sauce, in a medium saucepan over medium heat, combine broth, sesame oil, 1 tablespoon soy sauce, hoisin sauce, 1 tablespoon cornstarch, garlic and Sriracha. Whisk until the cornstarch is dissolved. Raise heat to medium-high; bring to a boil. Reduce heat to low.
- 4 In a medium bowl, place chicken, remaining cornstarch and remaining soy sauce and stir until chicken is evenly coated. Place chicken in basket or tray of the air fryer.
- 5 Cook for 8 minutes, flip and spray undersides with more cooking spray. Cook about 8 minutes more.
- 6 In a large serving bowl, place chicken. Pour in sauce and toss to coat. Top with scallions and sesame seeds.

## NASHVILLE HOT CHICKEN SANDWICH

CLASSIC | COMFORT FOOD

There are several variations of this spicy Tennessee specialty, but they all include pickles!

**Start to Finish** 30 minutes  
(15 minutes active)

**Servings** 4

- Vegetable cooking spray
- 1 cup buttermilk
- 2 eggs
- ½ cup plus 1 tablespoon hot wing sauce, divided
- 1 (5-ounce) box Louisiana Fish Fry Air Fryer Seasoned Coating Mix for Chicken
- 4 boneless, skinless chicken thighs
- 1 tablespoon brown sugar
- 1 teaspoon black pepper
- ½ teaspoon garlic powder
- 4 hamburger buns
- 1 cup shredded iceberg lettuce
- 8 tomato slices
- Dill pickle chips

- 1 Preheat air fryer to 400°F.
- 2 Spray basket or tray with vegetable cooking spray.
- 3 In a shallow bowl, whisk together buttermilk, eggs and 1 tablespoon hot sauce. In a second shallow bowl, add seasoned coating mix. Dip each chicken thigh in buttermilk mixture, then dredge in coating mix, pressing to adhere.
- 4 Spray all sides of chicken thighs with cooking spray and place in air fryer basket or tray.
- 5 Cook 14 to 16 minutes or until coating is crispy and chicken is cooked through.
- 6 While chicken cooks, in a small saucepan over low heat, combine remaining hot sauce, brown sugar, black pepper and garlic powder, whisking until sugar dissolves and mixture is heated through.
- 7 Remove chicken from air fryer and place in a large bowl; add sauce and toss to coat. Place a piece of chicken on each bottom bun. Top with shredded lettuce, tomato slices and pickles; replace top bun.

Chicken Nuggets





OPT FOR LARGER THAN  
USUAL HAMBURGER  
BUNS TO ACCOMMODATE  
THE CHICKEN AND ALL  
THE TOPPINGS



## Cook's Notes

There are several recipes for Nashville hot chicken, all closely guarded by restaurateurs who specialize in these sandwiches. Most recipes use lard in the spice mixture. The brand of coating mix we use is designed for air fryers and gives a crispy coating without all the fat.



**TRY...** adding a teaspoon of sesame oil when cooking the vegetables.

Chicken Lo Mein

## CHICKEN LO MEIN

CLASSIC | FAMILY FAVORITE

**Prefer dry lo mein noodles?**  
Count on 3 ounces per person.

**Start to Finish** 25 minutes  
(10 minutes active)

**Servings** 2

Vegetable cooking spray

- 2 boneless, skinless chicken breasts, cut into strips
- ½ teaspoon kosher salt
- ½ teaspoon red pepper flakes
- 1 yellow onion, sliced
- 1 cup matchstick-cut carrots
- 2 tablespoons soy sauce
- 1 (14.2-ounce) package precooked lo mein noodles
- Sliced scallions

- 1 Preheat air fryer to 350°F
- 2 Spray basket or tray with cooking spray.
- 3 In a large bowl, toss chicken with salt and pepper flakes. Place in prepared basket or tray and cook for 6 minutes
- 4 Add onion, carrots and soy sauce and cook an additional 6 minutes. Stir in noodles and cook 1 more minute
- 5 Garnish with sliced scallions.

## GREEK CHICKEN KEBABS

EASY | GREEK CUISINE | HEALTHY

**Enhance this delicious low-carb meal with a squeeze of lemon.**

**Start to Finish** 50 minutes  
(40 minutes active)

**Servings** 4

- 1 pound chicken breast, cubed
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tablespoons soy sauce
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 teaspoons Greek seasoning
- Vegetable oil cooking spray

- 1 Thread chicken, zucchini and squash alternating on 4 skewers. Brush with soy sauce; sprinkle with seasonings.
- 2 Place in air fryer basket or racks (you may need to work in batches), and cook at 350°F for 20 minutes, turning halfway through cooking, or until internal temperature reaches 165°F.
- 3 Remove from air fryer and serve.

## QUICK TIP

To avoid fights, make sure all your guests get their own bowl of this honey-sriracha sauce!

## BANG BANG CHICKEN WITH HONEY-SRIRACHA SAUCE

EASY | FAMILY FAVORITE | KID FRIENDLY

This dish originally got its name from the sound made as cooks tenderized the chicken with a stick. The popular American version is best known for its delectable, creamy sauce.

**Start to Finish** 30 minutes  
(15 minutes active)

**Servings** 4

- ½ cup mayonnaise
- 2 tablespoons honey
- 1 tablespoon plus 2 teaspoons Sriracha, divided
- Vegetable cooking spray
- 1 cup buttermilk
- ¾ cup all-purpose flour
- ½ cup cornstarch
- 1 egg
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1½ cups panko breadcrumbs
- 1 pound boneless, skinless chicken breast, cut into 1-inch pieces
- Sliced scallions

- 1 In a small bowl, to make sauce, whisk mayonnaise, honey and 1 tablespoon Sriracha. Set aside
- 2 Preheat air fryer to 375°F.
- 3 Spray basket or tray with cooking spray.
- 4 In a large bowl, mix buttermilk, flour, cornstarch, egg, remaining Sriracha, salt and pepper
- 5 In a shallow dish, place breadcrumbs.
- 6 Working in batches, dip chicken pieces in buttermilk mixture, then in breadcrumbs. Place in air fryer.
- 7 Cook for 8 to 10 minutes, flipping halfway through cooking.
- 8 Serve sauce on the side; garnish with scallions, if desired.



Bang Bang Chicken With  
Honey-Sriracha Sauce



CHUNKS OF FRESH  
VEGGIES ADD COLOR  
AND NUTRITIONAL  
BENEFITS TO ANY  
SAVORY DISH

## Cook's Notes

If you have leftover chimichangas, you can save them for a future quick lunch or dinner. Wrap them individually in plastic wrap and freeze. Let defrost in the refrigerator, then pop them back in the air fryer, preheated to 320°F, for 3 to 5 minutes.

## CHICKEN CHIMICHANGAS

COMFORT FOOD | KID-FRIENDLY

**Serve with lots of toppings on the side so guests can customize their meal.**

**Start to Finish** 12 minutes

(10 minutes active)

**Servings** 8

Vegetable cooking spray

4 cups cooked, shredded chicken

1 cup salsa

8 flour tortillas

4 cups shredded Mexican-blend cheese

Chopped avocado, chopped tomatoes, shredded lettuce, cilantro leaves, salsa

1 Preheat air fryer to 400°F.

2 Spray basket or tray with cooking spray

3 In a large bowl, combine chicken and salsa.

4 Add about ½ cup of chicken mixture to center of each tortilla and sprinkle cheese over chicken. Fold and roll tortilla around filling, like a burrito.

5 Spray chimichangas with cooking spray. Place in air fryer and cook for 2 minutes, rotating trays halfway through cooking time

6 Serve with chopped avocado, chopped tomatoes, shredded lettuce, cilantro leaves and salsa on the side

## SIMPLE ROAST CHICKEN

FAMILY FAVORITE

**Serve this herb-roasted chicken with fried fingerling potatoes.**

**Start to Finish** 75 minutes

(15 minutes active)

**Servings** 4

1 medium whole chicken, about 4 pounds, patted dry

2 tablespoons sunflower or canola oil

1 teaspoon dried thyme

½ teaspoon dried rosemary

½ teaspoon dried tarragon

1 teaspoon salt

½ teaspoon freshly ground black pepper

1 Preheat air fryer to 360°F.

2 Rub chicken with oil. Stir together herbs, salt and pepper in a small bowl. Season chicken inside and out with herb mixture.

3 Place chicken skin side down in basket. Cook for 30 minutes, flip, and cook for another 25-30 minutes until chicken is golden-brown and thickest part of thigh registers at least 165°F on a meat thermometer.

4 Remove from air fryer and let rest under aluminum foil for at least 10 minutes before serving

## TURKEY SKEWERS

FAMILY FAVORITE

**So easy—and your kids will love them!**

**Start to Finish** 35 minutes

(10 minutes active)

**Servings** 4

1 pound ground turkey

½ small onion, minced

½ cup fresh breadcrumbs

1 teaspoon ground cumin

1 teaspoon ground coriander

½ teaspoon paprika

1 teaspoon salt

½ teaspoon freshly ground black pepper

1 handful fresh parsley, finely chopped  
Cooking spray

1 Preheat air fryer to 380°F.

2 Combine ground turkey, onion, breadcrumbs, spices, salt, pepper and chopped parsley in a mixing bowl

3 Mix together with your hands until evenly combined. Divide into 8 and shape into sausage shapes. Spray all over with cooking spray

4 Arrange side-by-side in basket and cook for about 15 minutes, turning twice, until golden on the outside and cooked through.

5 Remove from air fryer and thread onto skewers before serving.

## CHICKEN KIEV

FAMILY FAVORITE

**This classic dish—chicken stuffed with parsley, garlic and butter with a crunchy exterior—just got easier, faster and tastier.**

**Start to Finish** 40 minutes

(25 minutes active)

**Servings** 4

½ cup butter, softened

3 garlic cloves, minced

1 handful fresh parsley, coarsely chopped  
Salt

Freshly ground black pepper

4 skinless chicken breasts

1 cup all-purpose flour

2 eggs

4 cups cornflakes, crushed  
Cooking spray

1 Preheat air fryer to 360°F.

2 Mash together butter, garlic, parsley and salt and pepper to taste in a bowl.

3 Place chicken breasts on a cutting board and butterfly with a sharp knife, opening them up like a book

4 Divide garlic butter between breasts, arranging in mounds down their centers. Enclose chicken around garlic butter.

5 Place flour, eggs and cornflakes in three separate shallow dishes, seasoning each with salt and pepper. Thoroughly beat eggs with a fork

6 Dust chicken in seasoned flour, shaking off excess. Dip into egg, let excess drip off, and then dredge in crushed cornflakes, pressing them into chicken to coat.

7 Spray chicken all over with cooking spray before arranging in basket.

Cook for about 25 minutes, turning after 12 minutes, until chicken is firm to the touch and cooked through

8 Remove from air fryer and let rest under aluminum foil for at least 5 minutes.



POULTRY

JAZZ UP STORE-BOUGHT  
STIR-FRY SAUCE  
WITH MINCED GARLIC  
AND GINGER.

Sesame Chicken Bowl

## SESAME CHICKEN BOWL

EASY | FAMILY FAVORITE | KID-FRIENDLY

**Pro tip: peel ginger with a spoon; it glides over the bumpy surface better than a knife can.**

**Start to Finish** 45 minutes  
(10 minutes active)

**Servings** 4

- 1 pound boneless, skinless chicken breast, cut into bite-size pieces
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce
- 2 teaspoons minced fresh ginger
- 1 garlic clove, minced
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- White rice
- 2 large eggs, beaten
- 1 cup cornstarch
- Stir-fry sauce of your choice
- Cooked white rice, bean sprouts, scallions, cilantro sprigs and matchstick carrots
- Toasted and black sesame seeds

1 In a medium bowl, combine chicken, soy sauce, vinegar, ginger, garlic, salt and pepper, tossing to coat. Let marinate for 20 minutes.

2 Preheat air fryer to 400°F.

3 Line air fryer basket or tray with parchment.

4 In a small bowl, beat eggs. In a shallow bowl, add cornstarch.

5 Remove chicken from marinade; discard. Dip chicken in beaten eggs, then dredge in cornstarch.

6 Spray chicken with cooking spray. Cook for 8 to 10 minutes, flip, spray again, and cook for 7 minutes more.

7 Remove from fryer; toss with stir-fry sauce. Serve over rice and top with bean sprouts, scallions, cilantro sprigs and carrots; garnish with sesame seeds.

## RANCH-CRUSTED CHICKEN BREASTS

EASY | FAMILY FAVORITE | KID-FRIENDLY

**A coating of ranch dressing helps the breading adhere to the chicken.**

**Start to Finish** 20 minutes  
(5 minutes active)

**Servings** 4

- Vegetable cooking spray
- ¾ cup ranch dressing
- ½ cup Italian breadcrumbs
- 4 boneless, skinless chicken breasts
- Oregano sprigs

1 Preheat air fryer to 350°F

2 Spray basket or tray with vegetable cooking spray.

3 In a shallow bowl, pour ranch dressing. In another shallow bowl, place breadcrumbs.

4 Dip each chicken breast in dressing, then dredge in breadcrumbs.

5 Place chicken in prepared basket or tray. Spray with vegetable cooking spray.

6 Cook for 8 minutes, then flip and cook for an additional 7 minutes.

7 Garnish with oregano sprigs.

## HERBED BUTTER TURKEY BREAST

EASY | PARTY-WORTHY

**Fresh herbs elevate this turkey into a dish you could proudly serve to guests.**

**Start to Finish** 1 hour 30 minutes  
(15 minutes active)

**Servings** 4

Vegetable cooking spray

- 2 tablespoons butter, softened
- 2 pounds bone-in, skin-on turkey breast half
- 1 teaspoon kosher salt
- 1 teaspoon chopped fresh thyme leaves
- 1 teaspoon chopped fresh sage leaves
- ½ teaspoon ground black pepper
- Thyme sprigs and sage leaves

1 Preheat air fryer to 325°F.

2 Cut 8-inch round of parchment paper and place in bottom of air fryer basket or tray. Spray with vegetable cooking spray.

3 Pat turkey dry. Rub softened butter on all surfaces. Sprinkle with salt, thyme, sage and pepper. Place skin side up in basket or tray.

4 Cook 30 minutes. Using tongs, carefully turn turkey over. Cook 30 minutes more or until internal temperature is at least 165°F.

5 Remove from basket; let stand 10 minutes before slicing. Garnish as desired.





## Cook's Notes

You don't need pan drippings to make gravy! Finely chop half an onion; saute it in  $\frac{1}{2}$  stick of butter. Mince a clove or two of garlic and add to the pot. Stir in  $\frac{1}{4}$  cup of flour and some chopped herbs, then add 2 cups of broth.

Bring to a boil, then simmer until thickened.

## Cook's Notes

Leftover cutlets? Make chicken Parmesan heroes. Brush the cut surfaces of 6-inch hero rolls with olive oil; broil for 2 minutes. Warm up the cutlets and melt more cheese on them. Spoon warm sauce on bottom rolls, top with chicken, more sauce and top half of rolls.



Chicken Parmesan Over  
Angel Hair Pasta

## CHICKEN PARMESAN OVER ANGEL HAIR PASTA

FAMILY FAVORITE | ITALIAN CUISINE |  
UNDER 30 MINUTES

Chicken parm made in the air fryer is so easy, you'll turn this dish into your weekly Sunday night dinner.

**Start to Finish** 15 minutes  
(10 minutes active)

**Servings** 4

- ¼ cup grated Parmesan cheese
- 1 cup Italian breadcrumbs
- 2 eggs
- 4 chicken cutlets
- ½ cup marinara sauce
- ½ cup mozzarella cheese

Cooked angel hair pasta (Note: Begin cooking pasta when chicken is nearly done cooking; angel hair takes only 2-3 minutes to cook)

- 1 In a medium bowl, combine Parmesan and breadcrumbs.
- 2 In another bowl, beat eggs.
- 3 Dip each cutlet into egg and then dredge in breadcrumb mixture.
- 4 Place chicken in air fryer basket or racks and cook at 360°F for 10 minutes, flipping chicken over halfway through, and adding marinara and mozzarella on top.
- 5 Remove from air fryer and serve over angel hair pasta.

## TURKEY BURGERS

FAMILY FAVORITE

This recipe keeps the turkey moist.

**Start to Finish** 32 minutes  
(10 minutes active)

**Servings** 4

- 1 pound ground turkey
- ½ cup fresh breadcrumbs
- 1 egg yolk
- 1 dash Worcestershire sauce
- 1 teaspoon salt



Orange Chicken and Rice

- ½ teaspoon freshly ground black pepper
- Cooking spray
- 4 poppy seed kaiser rolls, split in half
- 4 tablespoons mayonnaise
- 1 head butter lettuce
- 2 large tomatoes, thinly sliced
- 2 dill pickles, thinly sliced
- ½ small white onion, thinly sliced
- American cheese slices

- 1 Preheat air fryer to 380°F.
- 2 Mix turkey, breadcrumbs, egg yolk, Worcestershire sauce, salt and pepper in a mixing bowl.
- 3 Divide and shape into 4 patties, making a thumb imprint in the center of each to help keep patties even during cooking.
- 4 Spray both sides of patties with cooking spray. Arrange in basket and cook for 12 minutes, turning once after 6 minutes, until firm and cooked through.
- 5 Remove from air fryer and let rest under aluminum foil as you assemble the burgers.
- 6 Spread bottom halves of rolls with mayonnaise. Top with lettuce, tomato, pickles and onion.
- 7 Place patties on top, then add cheese slices. Top with more pickles, tomato, onion and lettuce before topping with other halves of rolls.

## ORANGE CHICKEN AND RICE

AMERICAN CHINESE CUISINE

Add the zest of an orange into store-bought orange sauce for extra flavor.

**Start to Finish** 35 minutes  
(25 minutes active)

**Servings** 4

- 1 pound chicken breast, cubed
- 1 cup milk
- 1 cup flour
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- Vegetable oil cooking spray
- 1 bottle Chinese orange sauce
- Hot cooked white rice
- Sliced green onions

- 1 Place chicken in a bowl and pour milk over it. Let stand for 10 minutes.
- 2 Mix flour, salt and pepper in a shallow bowl.
- 3 Remove chicken from marinade and dredge in flour mixture.
- 4 Place in air fryer basket or rack and cook at 400°F for 12-15 minutes, flipping halfway through cooking.
- 5 Remove from air fryer and toss in orange sauce. Serve over white rice and sprinkle with green onions.



**BUTTERMILK FRIED CHICKEN**

COMFORT FOOD | KID FRIENDLY

**Simple and basic—but far from boring!****Start to Finish** 2 hours

(15 minutes active)

**Servings** 4

- 1 cup buttermilk
- ¼ cup hot sauce
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 2 teaspoons salt, divided
- 1½ teaspoons ground black pepper, divided
- 2 pounds chicken pieces
- Vegetable cooking spray
- 1 cup all-purpose flour
- ½ cup cornstarch
- Chopped parsley

**1** In a large bowl, combine buttermilk, hot sauce, paprika, garlic powder, 1 teaspoon salt and ½ teaspoon pepper. Add chicken pieces; mix to combine. Cover and marinate 1 hour or up to 24 hours.

**2** Preheat air fryer to 375°F.

**3** Spray basket or tray with cooking spray.

**4** In a medium shallow bowl, mix flour, cornstarch and remaining salt and pepper.

**5** Dredge each piece of chicken in flour mixture; press on additional flour mixture to form thick crust.

**6** Arrange pieces in a single layer in basket or tray (you may need to work in batches). Spray with cooking spray.

**7** Cook for 15 minutes; flip and spray other side with cooking spray. Cook for 15 minutes longer. Garnish with chopped parsley.

**QUESADILLAS WITH CHICKEN AND PEPPERS**

CROWD PLEASER | FAMILY FAVORITE

**Smoked paprika adds a spicy kick to this dish.****Start to Finish** 40 minutes

(20 minutes active)

**Servings** 4

- 2 tablespoons olive oil
- 2 large skinless chicken breasts, diced
- 1 red bell pepper, cored, seeded and sliced
- 1 yellow pepper, cored, seeded and sliced
- 1 small onion, sliced
- 2 garlic cloves, chopped
- 2 teaspoons smoked paprika
- ½ teaspoon dried oregano
- Salt
- Freshly ground black pepper
- 4 6-inch flour tortillas
- Cooking spray
- 1 cup Mexican cheese blend, shredded

**1** Heat olive oil in a large sauté pan over moderate heat until hot.

**2** Add chicken to pan and sauté for 6-7 minutes until starting to color. Add peppers, onion and garlic, cooking for 3-4 minutes until softened.

**3** Remove from heat; stir in smoked paprika, oregano, salt and pepper.

**4** Preheat air fryer to 380°F. Spritz one side of a tortilla with cooking spray; place spray side down in 6-inch baking pan.

**5** Top with ¼ cup cheese, then chicken and vegetable mixture. Top with another ¼ cup cheese and another tortilla; spritz with cooking spray.

**6** Cook in air fryer for 4-5 minutes. Remove and carefully flip, and then return to air fryer for another 4-5 minutes until golden and crisp.

**7** Remove from air fryer when ready. Repeat steps 4-6 for second quesadilla.

**8** Cut quesadillas into quarters before serving.

Buttermilk Fried Chicken

**HAND-PRESS A SECOND LAYER OF FLOUR MIXTURE ONTO EACH PIECE OF CHICKEN FOR A SUPER-THICK AND CRUNCHY COATING.**



## CHICKEN FRIED RICE

AMERICAN-CHINESE CUISINE | EASY  
KID-FRIENDLY | UNDER 30 MINUTES

Try this rice on its own, or with any of the Asian-inspired dishes in our Meats section (starting on pg. 40).

**Start to Finish** 15 minutes  
(10 minutes active)

**Servings** 4

Vegetable oil cooking spray

- 1 cup cooked chicken
- 4 cups cooked white rice
- ¼ cup diced onion
- ¼ cup diced carrots
- ¼ cup green peas
- ¼ cup soy sauce
- Sriracha sauce

- 1 Place aluminum foil in air fryer basket, or put a pan on rack
- 2 In a large bowl, combine chicken and next 5 ingredients.
- 3 Pour mixture into air fryer.
- 4 Cook at 400°F for 10 minutes, stirring halfway through cooking. Add additional soy sauce, if needed.
- 5 Serve with Sriracha, if desired

## STUFFED CHICKEN BREASTS

FAMILY FAVORITE

Cured ham in the creamy filling makes this dish extra savory.

**Start to Finish** 55 minutes  
(15 minutes active)

**Servings** 4

- ¼ cup cream cheese, softened
- 3 tablespoons mayonnaise
- 1 tablespoon fresh lemon juice
- 1 handful fresh parsley, chopped
- Salt
- Freshly ground black pepper
- 4 skinless chicken breasts
- 4 cured ham slices, like prosciutto
- 2 tablespoons olive oil, divided
- 2 cups cherry tomatoes, on-the-vine
- Cooking spray

- 1 Stir together cream cheese, mayonnaise, lemon juice, parsley and some salt and pepper in a small bowl.
- 2 Place chicken breasts on a cutting board and butterfly with a sharp knife, opening them up like a book.
- 3 Spoon cream cheese filling down the center, folding chicken around it. Brush with 1 tablespoon olive oil before wrapping with ham, making sure the seam is facing down under chicken.
- 4 Preheat air fryer to 380°F. Brush chicken with remaining 1 tablespoon

- olive oil; season with salt and pepper. Arrange in basket and cook for about 30 minutes, turning once, until chicken is cooked through and ham is golden-brown and crisp.
- 5 Remove chicken breasts from air fryer and let rest under aluminum foil for 10 minutes
- 6 Meanwhile, spritz cherry tomatoes with cooking spray and cook in air fryer for 8-10 minutes until soft and wrinkled
- 7 To serve, slice chicken breasts and serve with tomatoes on the side



Chicken Fried Rice



TRY

tossing the arugula with some balsamic vinegar and olive oil first.

Chicken Milanese  
Over Arugula

## CHICKEN MILANESE OVER ARUGULA

CLASSIC | PARTY WORTHY

The slight natural spiciness of the arugula nicely balances the crust on the chicken.

**Start to Finish** 30 minutes  
(15 minutes active)

**Servings** 6

Vegetable cooking spray

- 1½ pounds boneless, skinless chicken cutlets
- ½ cup all-purpose flour
- 1 teaspoon kosher salt, divided
- ½ teaspoon ground black pepper, divided
- 2 large eggs
- 1 teaspoon water
- 1¼ cups panko breadcrumbs
- ¼ cup grated Parmigiano Reggiano cheese
- Arugula
- Lemon wedges

- 1 Preheat air fryer to 400°F
- 2 Spray basket or tray with cooking spray

3 In a shallow bowl, place flour, ½ teaspoon salt and ¼ teaspoon pepper. In another shallow bowl, beat eggs, water and remaining salt and pepper. In a third shallow bowl, mix breadcrumbs and cheese

4 Dredge each cutlet in flour, then dip in egg mixture, then dip in breadcrumb mixture, gently pressing into cutlet to adhere

5 Spray cutlets on both sides with cooking spray

6 Cook for 13 to 15 minutes, flipping halfway, until chicken is cooked and breading is crispy and browned.

7 Serve cutlets over arugula with lemon wedges on the side.

## TURKEY BREAST WITH PEPPERED GRAVY

CLASSIC | COMFORT FOOD | FAMILY FAVORITE

If you're surprised to see soy sauce in this recipe, don't be! It gives a tremendous umami kick to the turkey.

**Start to Finish** 1 hour  
(5 minutes active)

**Servings** 6

## QUICK TIP

Pat dry your chicken cutlets before dipping in the flour and egg mixtures. This will ensure that the breadcrumbs stick.

Vegetable cooking spray

- 4 pounds boneless turkey breast
- 2 tablespoons olive oil
- 1½ teaspoons kosher salt, divided
- ½ teaspoon garlic salt
- ½ teaspoon onion powder
- ¼ teaspoon cracked black pepper
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 tablespoon soy sauce
- 1 cup milk
- 1 cup chicken stock
- ½ cup turkey drippings
- ½ teaspoon ground black pepper
- Chopped parsley

1 Preheat air fryer to 350°F

2 Spray basket or tray with cooking spray.

3 Rub both sides of turkey with olive oil and sprinkle with 1 teaspoon salt, garlic salt, onion powder and cracked black pepper. Place in basket or tray

4 Cook for 25 minutes, then use tongs to flip turkey; cook for an additional 20 minutes. Remove from basket and place on cutting board. Cover with foil; let rest for 10 minutes before slicing. Reserve ½ cup drippings from air fryer for gravy.

5 While turkey rests, make the gravy. In a saucepan over medium-high heat, melt butter; stir in flour, whisking vigorously until a smooth paste forms. 6 Slowly stir in soy sauce, milk, broth, turkey drippings, remaining salt and ground black pepper. Whisk until no lumps remain.

7 Cook, stirring until gravy comes to a slow boil, then reduce heat to low and cook until gravy thickens, about 5 minutes

8 Serve turkey with gravy and garnish with chopped parsley





**CLASSIC MUSTARD CHICKEN**

FAMILY FAVORITE

**This creamy mustard and wine sauce is easier to make than it looks!**

**Start to Finish** 40 minutes  
(10 minutes active)

Servings 6

- 4 large skinless chicken breasts
- 2 tablespoons olive oil
- Salt
- Freshly ground black pepper
- 2 tablespoons unsalted butter
- 1 garlic clove, minced
- ¼ cup dry white wine
- 1 tablespoon Dijon mustard
- 2 teaspoons whole-grain mustard
- ¼ cup heavy cream
- ¼ cup chicken broth
- 1 small handful fresh parsley, chopped

**1** Preheat air fryer to 360°F. Rub chicken breasts with olive oil; season generously with salt and pepper.

**2** Arrange in basket and cook for about 25-30 minutes, turning after 15 minutes, until golden-brown and cooked through.

**3** Meanwhile, melt butter in a sauté pan over medium heat. Add garlic and sauté until just golden, about 2 minutes.

**4** Whisk in wine, let it bubble and reduce by half, and then whisk in both mustards. Cook for 1 minute before whisking in cream.

**5** Let cream come to a simmer before whisking in enough chicken broth to make a slightly thick sauce. Season with salt and pepper. Cover and keep warm.

**6** Remove chicken from air fryer when ready. Let rest briefly under aluminum foil before dividing between plates.

**7** Spoon over mustard sauce and garnish with chopped parsley.

**GOLDEN ROAST TURKEY**

FAMILY FAVORITE

**It's not just for Thanksgiving! Fried turkey breast wrapped in bacon is a yummy year-round treat. The cranberry sauce under the bacon adds a sweet-yet-tart touch.**

**Start to Finish** 65 minutes  
(45 minutes active)

Servings 8

**4 pounds** skinless turkey breast, trimmed

**2 tablespoons** olive oil

Salt

Freshly ground black pepper

**2 tablespoons** cranberry sauce

**8 smoked** bacon slices

Fresh parsley, to garnish

**1** Preheat air fryer to 360°F

**2** Brush turkey breast with olive oil; season all over with salt and black pepper

**3** Place in basket, top side down, and cook for 25 minutes. Flip and cook for an additional 10 minutes.

**4** Remove from air fryer and brush with cranberry sauce. Wrap bacon slices around turkey and return to air fryer for another 10-15 minutes until bacon is golden and crisp; the thickest part of turkey should register at least 165°F on a meat thermometer when ready.

**5** Remove from air fryer and let rest under aluminum foil for at least 10 minutes before serving with a garnish of parsley.

**GOURMET CHICKEN SANDWICH**

CROWD PLEASER

**Toppings of bacon, feta and a bit of Caesar salad take this towering chicken sandwich to the next level.**

**Start to Finish** 30 minutes  
(10 minutes active)

Servings 4

**4** skinless chicken breasts

½ cup fine cornmeal

**1** teaspoon smoked paprika

Salt

Freshly ground black pepper

Cooking spray

■ **smoked** bacon slices

**4** sesame seed burger buns, split

**5** ounces (6 cups) mixed lettuces

■ **tablespoons** Caesar dressing

½ cup feta crumbles, or other soft cheese

Classic Mustard Chicken



- 1 Preheat air fryer to 380°F.
- 2 Place chicken breasts on a cutting board and pound out to about ¼-inch thickness using a meat-tenderizer mallet
- 3 Combine cornmeal, paprika and some salt and pepper to taste in a shallow dish. Dust chicken with seasoned cornmeal, shaking off excess. Spritz with cooking spray on both sides.
- 4 Place in basket and cook for about 20 minutes, turning after 10 minutes, until golden-brown and cooked through; place bacon strips on chicken after about 14 minutes.
- 5 Remove from air fryer and keep chicken and bacon warm under aluminum foil
- 6 Toast buns in a toaster, if desired. Toss salad greens with Caesar dressing in a bowl
- 7 Arrange some salad on bottom halves of buns, placing chicken, bacon and some feta on top.
- 8 Top with more salad and tops of buns before serving.

## KOREAN-STYLE CHICKEN

CROWD PLEASER

**The secret to Korean BBQ style chicken is in the marinade which adds big, bold flavor.**

**Start to Finish** 65 minutes  
(30 minutes active)

**Servings** 4

- 1 small chicken, jointed, larger pieces cut in half
- ½ cup gochujang paste
- 3 tablespoons soy sauce
- 3 tablespoons unseasoned rice vinegar
- 2 tablespoons honey
- 2 tablespoons warm water
- 2 teaspoons toasted sesame oil
- Cooking spray
- 2 tablespoons sesame seeds

- 1 Thoroughly pat dry chicken pieces with paper towels
- 2 Whisk together gochujang paste,

soy sauce, vinegar, honey, water and toasted sesame oil in a shallow dish

3 Add chicken pieces to marinade, turning to coat. Cover and place in refrigerator for 1 hour.

4 After chilling, remove from fridge and let stand at room temperature for 20 minutes.

5 Preheat air fryer to 380°F. Remove chicken from marinade and spray all

over with cooking spray. Arrange in basket and cook for 20–35 minutes until pieces register at least 165°F on a meat thermometer; larger pieces will take longer.

6 Remove pieces from air fryer when ready, resting under aluminum foil until all chicken is cooked.

7 Garnish with a sprinkle of sesame seeds when ready to serve.



Korean-Style Chicken





GARLIC AIOLI  
IS A DELECTABLE  
DIP FOR THESE  
CRAB CLAWS

SEE  
PG. 78

Crab Claws  
with Aioli



**FABULOUS**

# SEAFOOD

FISH, SHRIMP, OYSTERS AND CRAB  
ARE ALWAYS A TREAT. HERE, YOU'LL FIND  
FUN WAYS TO PREPARE THEM IN THE  
AIR FRYER, WHETHER WITH AN ASIAN  
GLAZE, FRIED TO CRUNCHY PERFECTION  
OR IN A TRADITIONAL SOUTHERN BOIL.

**CRAB CLAWS WITH AIOLI**

EASY | PARTY-WORTHY | UNDER 30 MINUTES

You can find frozen crab claws in many big-box stores. Most of the shell is removed—except along one pincer, which makes a great handle for dipping these delectable treats.

**Start to Finish** 25 minutes  
(10 minutes active)

**Servings** 4

- 1/2 cup all-purpose flour
- 1 egg
- 1/2 cup panko breadcrumbs
- 24 cooked blue crab claws
- Vegetable cooking spray
- Aioli
- Sliced scallions

- 1 Preheat air fryer to 400°F.
- 2 In one shallow bowl, place flour. In a small bowl, beat egg. In another shallow bowl, place breadcrumbs.
- 3 Roll claws in flour. Dip each in egg, then roll in breadcrumbs.
- 4 Arrange coated claws in air fryer basket or tray. Spray with vegetable cooking spray.
- 5 Cook for 13 to 15 minutes or until golden brown. Serve with aioli; garnish with scallions.

**SEARED SCALLOPS**

EASY | PARTY-WORTHY | UNDER 30 MINUTES

Get the largest sea scallops you can find for this dish. They are often more flavorful than smaller types and stay more moist during cooking.

**Start to Finish** 15 minutes  
(10 minutes active)

**Servings** 4

- 8 sea scallops, roe removed
- 2 tablespoons canola oil, divided
- 1 teaspoon dried rosemary
- Salt
- Freshly ground black pepper

- 3 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 pinch sugar
- 1 tablespoon sesame seeds
- 1 orange, peeled and segmented
- 2 tablespoons lime zest, thinly sliced

- 1 Preheat air fryer to 390°F.
- 2 Brush scallops with 1 tablespoon canola oil. Season with dried rosemary, salt and pepper.
- 3 Place in basket and cook for 2 minutes. Flip, brush with remaining canola oil, and cook for another 2–3 minutes until firm to the touch.
- 4 As scallops cook, whisk together extra-virgin olive oil, vinegar, sugar and some salt to taste in a small bowl. Stir in sesame seeds to make dressing.
- 5 Remove scallops from air fryer and arrange on plates. Spoon over dressing and garnish with orange segments and lime zest.

**FISH AND CHIPS**

FAMILY FAVORITE

An English pub classic that's usually deep-fried, fish and chips is a dish that's even tastier (and healthier!) when cooked in an air fryer.

**Start to Finish** 55 minutes  
(20 minutes active)

**Servings** 4

- 2 large russet potatoes, scrubbed
- Cooking spray
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon salt, divided
- 1 1/2 cups all-purpose flour
- 2 tablespoons malt vinegar, plus extra to serve
- 1/2 teaspoon baking soda
- 1 cup water
- 4 skinless cod fillets, 5–6 ounces each, pin-boned
- 2 tablespoons sour cream
- 1/2 cup mayonnaise
- 2 tablespoons dill pickle, chopped
- 1 tablespoon fresh dill, chopped

- 1 pinch red pepper flakes
- 1 lemon, cut into wedges

- 1 Preheat air fryer to 380°F. Cut potatoes into even wedges and place in a bowl. Spritz with cooking spray and toss to coat.
- 2 Add paprika, onion powder, garlic powder and 1/2 teaspoon salt, tossing again to coat.
- 3 Arrange in basket, spritz with more cooking spray, and cook for 20 minutes, turning after 10 minutes, until golden-brown and crisp.
- 4 Remove from air fryer when ready and keep warm under aluminum foil. Increase air fryer temperature to 400°F.
- 5 Meanwhile, place 1/2 cup flour in a shallow dish and season with salt.
- 6 Combine remaining 1 cup flour with malt vinegar, baking soda and 1/2 teaspoon salt in a bowl. Gradually whisk in water to make a smooth batter.
- 7 Dust cod in seasoned flour, shaking off excess. Dip in batter to coat, letting excess run off.
- 8 Spritz basket with cooking spray before arranging battered cod in it, spritzing with more cooking spray.
- 9 Cook for 12–15 minutes until golden-brown and crisp, gently shaking basket every 4–5 minutes.
- 10 Meanwhile, stir together sour cream, mayonnaise, dill pickle, fresh dill and red pepper flakes with a pinch of salt in a mixing bowl to make a dip.
- 11 Remove fish from air fryer when ready. Reheat potato wedges for 2–3 minutes in air fryer, if needed, before serving alongside fish, dip and some lemon wedges.

**QUICK TIP**

Make your own Aioli! Add four cloves minced garlic to 2 teaspoons lemon juice. Let sit for 5 minutes. Strain to remove garlic bits, then stir in 1/2 cup of mayonnaise. Chill to thicken.





Fish and Chips

**FRIED FISH TACOS**

EASY FAMILY FAVORITE UNDER 30 MINUTES

Give these tacos a real seaside flavor with mango pieces and a lightly dressed cabbage slaw.

**Start to Finish** 20 minutes  
(15 minutes active)

**Servings** 4 (2 tacos each)

**2** eggs  
**1½** cups beer  
**1½** cups cornstarch

**1½** cups flour  
**2** teaspoons chili powder  
**1** tablespoon cumin  
**1** teaspoon salt  
**½** teaspoon ground black pepper  
**4** (4-ounce) boneless cod or halibut fillets  
Vegetable oil cooking spray  
**8** (6-inch) flour tortillas  
**Toppings:** Slaw, mango, red onion, sliced jalapeño, cilantro leaves, sliced green onion, limes

**1** You'll need 2 shallow bowls: In one, whisk eggs and beer together; in the

other, mix cornstarch, flour, chili powder, cumin, salt and pepper  
**2** Coat fillets in egg mixture, then dredge in flour mixture to coat on all sides.  
**3** Spray air fryer basket or racks with cooking spray and place fish inside  
**4** Cook at 375°F for 12–15 minutes  
**5** Meanwhile, place tortillas in oven at 200°F to keep warm until serving  
**6** Remove fillets from air fryer and cut each in half lengthwise to make 8 pieces of fish.  
**7** Place a piece of fish in the center of each tortilla and add desired toppings.





Tuna Calzone

## TUNA CALZONE

FAMILY FAVORITE

**Pizza dough stuffed with tuna and veggies makes a memorable meal.**

**Start to Finish** 45 minutes  
(20 minutes active)

**Servings** 4

- 1** tablespoon olive oil
- 1** small onion, sliced
- 1** yellow bell pepper, cored, seeded and sliced
- 1** red bell pepper, cored, seeded and sliced

### Salt

**Freshly ground black pepper**

- 1** cup crushed tomatoes
- 2** tablespoons baby capers, in brine, drained
- 2** cups canned tuna in water, drained
- 7** ounces pizza dough (half of a premade pizza dough ball), thawed if frozen
- All-purpose flour, for dusting**
- Cooking spray**

**1** Heat olive oil in a skillet set over medium heat until hot. Add onion, pepper slices and a pinch of salt and pepper, sweating until softened, about 6-8 minutes.

- 2** Stir in crushed tomatoes, capers and some more salt and pepper to taste. Remove skillet from heat; stir in tuna.
- 3** Roll out dough on a lightly floured surface into a 10-inch round. Top with tuna; keep a 2-inch border on all sides.
- 4** Fold dough over filling to form a half-moon, crimping edges to seal. Coat calzone with cooking spray.
- 5** Preheat air fryer to 340°F. Spritz basket with cooking spray.
- 6** Place calzone in basket and cook for 20-25 minutes until golden-brown, carefully turning after 10-12 minutes.
- 7** Remove from air fryer and let cool briefly before serving.



## Cook's Notes

Blackening seasoning is between Cajun (which is spicier) and Creole (which is made with more herbs) seasonings. It usually contains paprika, cayenne, black pepper, sea salt, onion and garlic powders, and dried herbs like thyme, basil and oregano.

## BLACKENED TILAPIA WITH CUCUMBER SALSA

CLASSIC | FAMILY FAVORITE

**Red snapper or striped bass  
can be used instead of tilapia.**

**Start to Finish** 25 minutes  
(20 minutes active)

**Servings** 4

- Vegetable cooking spray
- 4 (6-ounce) tilapia fillets
- ¼ cup blackening seasoning
- 1 tablespoon chopped cilantro
- 3 tablespoons chopped red onion
- 1½ tablespoons fresh lime juice
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 cucumber, diced
- Lime wedges
- Cilantro sprigs

- 1 Preheat air fryer to 400°F.
- 2 Spray air fryer basket or tray with cooking spray
- 3 Spray both sides of fillets with cooking spray; sprinkle blackening seasoning over both sides
- 4 Arrange fillets in air fryer basket or tray (you may need to work in batches). Cook until fish flakes easily with a fork, about 6 minutes, depending on thickness.
- 5 In a medium bowl, combine cilantro, red onion, lime juice, olive oil, salt and pepper. Let stand for 5 minutes, then add cucumber.
- 6 Serve fish topped with salsa; garnish with lime wedges and cilantro sprigs, if desired.

## HOISIN AND HONEY GLAZED SALMON

CLASSIC | EASY | FAMILY FAVORITE

**Delicious and good for you!**  
Salmon is a great source of heart-healthy Omega-3 fatty acids.

**Start to Finish** 15 minutes  
(5 minutes active)

**Servings** 2

- 2 (8-ounce) salmon fillets, skin on
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 tablespoon hoisin sauce
- 1 tablespoon honey
- 1 teaspoon soy sauce
- 1 teaspoon brown sugar
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 1 teaspoon seasoned rice wine vinegar
- Vegetable cooking spray
- ½ teaspoon sesame seeds
- ½ teaspoon black sesame seeds
- ½ teaspoon chopped fresh cilantro
- Sliced scallions

- 1 Preheat air fryer to 400°F.
- 2 Sprinkle fillets with salt and pepper.
- 3 In a small bowl, whisk together hoisin, honey, soy sauce, brown sugar, garlic, ginger and vinegar. Brush glaze all over each fillet.
- 4 Spray basket or rack of air fryer with cooking spray. Place fillets skin side down in basket or rack
- 5 Cook for 10 minutes. Sprinkle with sesame seeds and cilantro. Garnish with scallions.

## LOBSTER TAILS WITH LEMON BUTTER

CLASSIC | FAMILY FAVORITE | PARTY-WORTHY

**Dinner guests will be impressed  
by these succulent lobster tails!**

**Start to Finish** 20 minutes  
(15 minutes active)

**Servings** 2

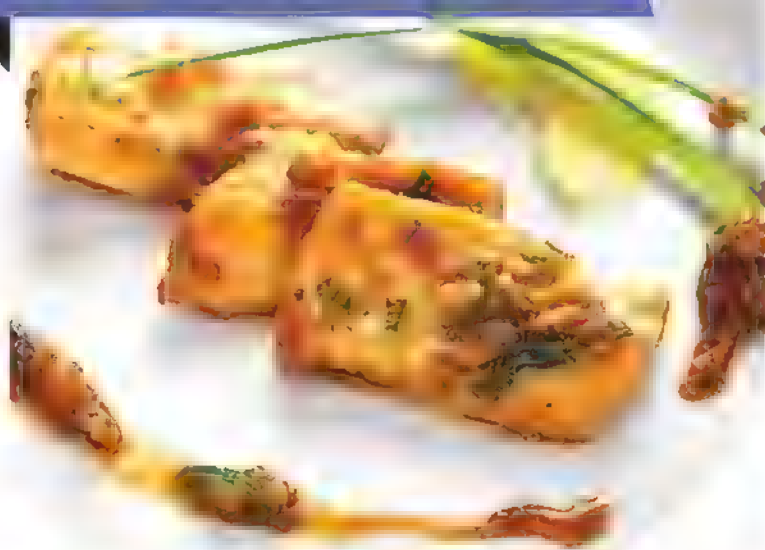
- 2 (4-ounce) lobster tails, butterflied
- 4 tablespoons butter
- 1 teaspoon lemon zest
- 2 cloves garlic, grated
- 1 teaspoon chopped parsley
- Lemon wedges

- 1 Preheat air fryer to 380°F
- 2 Place tails in basket or tray, meat side up.
- 3 In a small saucepan over medium heat, melt butter. Stir in lemon zest and garlic; heat until garlic is tender, about 30 seconds.
- 4 Transfer 2 tablespoons of butter mixture to a small bowl and brush it onto lobster tails.
- 5 Cook 5 to 7 minutes or until lobster meat is opaque. Place on serving plates; spoon reserved butter over lobster meat.
- 6 Sprinkle with parsley; garnish with lemon wedges.



TRY...

some garlic-sauteed string beans and ginger rice with these fillets.



Honey-Soy Fish Fillets

## CRABCAKES

CROWD PLEASER | UNDER 30 MINUTES

Homemade crabcakes have a subtle sweetness and texture that can't be beat. Make them smaller if you're serving them as party appetizers.

**Start to Finish** 25 minutes  
(15 minutes active)

**Servings** 4

- 2 celery stalks, peeled and finely diced
  - 1 green onion, finely chopped
  - 2 egg whites
  - 3 tablespoons mayonnaise
  - ½ teaspoon salt
  - ¼ teaspoon ground black pepper
  - 1¼ cups plain breadcrumbs, divided
  - 12 ounces lump crabmeat, drained
- Cooking spray**

### Sour cream

- 1 tablespoon chives, snipped
- 1 lemon, cut into wedges

- 1 Preheat air fryer to 380°F.
- 2 Stir together celery, onion, egg whites, mayonnaise, salt, pepper and ½ cup breadcrumbs in a mixing bowl. Gently fold in crabmeat.
- 3 Place remaining ¾ cup breadcrumbs in a shallow dish. Divide and shape crab mixture into four thick patties, dropping them into breadcrumbs and turning to coat.
- 4 Spritz basket with cooking spray. Working in batches if needed, arrange crabcakes in basket in a single layer. Spritz with more cooking spray.
- 5 Cook 12–15 minutes, turning after 7–8 minutes, until golden brown and crisp. Repeat cooking as needed for remaining crabcakes.
- 6 Serve with sour cream, chives and lemon wedges for squeezing over.

## HONEY-SOY FISH FILLETS

UNDER 30 MINUTES

You'll cook down the sweet and spicy marinade to make the delicious sauce for this dish. It sure doesn't get much easier than that!

**Start to Finish** 27 minutes  
(15 minutes active)

**Servings** 4

- 2 tablespoons honey
  - 2 tablespoons soy sauce
  - 2 tablespoons mirin or rice vinegar
  - 2 tablespoons water
  - 1 teaspoon toasted sesame oil
  - 1 shallot, finely diced
  - 2 teaspoons fresh ginger root, peeled and minced
  - 1 garlic clove, minced
  - 2 scallions, sliced
  - 4 skinless white fish fillets, like cod or hake, pin-boned
- Cooking spray**

- 1 Whisk together honey, soy sauce, mirin, water, sesame oil, shallot, ginger, garlic and scallions in a mixing bowl.
- 2 Add fish fillets, turning to coat. Cover and refrigerate fillets for 2 hours.
- 3 After chilling, remove fish from marinade and pat dry with paper towels; reserve marinade in bowl.
- 4 Preheat air fryer to 360°F and spritz basket with cooking spray.
- 5 Arrange fish filets in basket, spritz with cooking spray, and cook for 10–12 minutes until firm to the touch, carefully turning fish after 5–6 minutes.
- 6 While the fish cooks, pour the reserved marinade into a small saucepan and bring to a boil over moderate heat. Cook for 3–4 minutes until reduced to make sauce.
- 7 Remove fish from air fryer when ready and arrange on plates. Spoon over reduced sauce before serving.





SERVE CRABCAKES  
AS A MAIN DISH, OR TRY  
THEM IN SANDWICHES  
WITH TARTAR SAUCE,  
LETTUCE AND TOMATO.



Fried Butterflied Shrimp

**FRIED BUTTERFLIED SHRIMP**

CLASSIC | FAMILY FAVORITE

To butterfly shrimp, peel them but leave the tail on. Starting at the head and ending at the tail, cut three-quarters of the way into the shrimp. Remove the vein and open up the shrimp so it lies flat.

**Start to Finish** 75 minutes  
(40 minutes active)

**Servings** 4

- 1 pound large raw shrimp
- 2 eggs
- 1 tablespoon milk
- 1 (10-ounce) package seasoned

fish fry mix

Vegetable oil cooking spray

Remoulade sauce

- 1 Peel, devein and butterfly the shrimp.
- 2 In a medium bowl, whisk together eggs and milk.
- 3 Place fish fry in zip-top bag.
- 4 Coat shrimp in egg mixture. Drop about 5 shrimp at a time into bag. Shake to coat.
- 5 Refrigerate for 30 minutes.
- 6 Lightly spray air fryer basket or racks with cooking spray. Add shrimp in a single layer and cook at 400°F for 5-7 minutes (you may need to work in batches).
- 7 Serve with remoulade sauce, if desired.

**LEMON-HERB SCALLOPS**

PARTY WORTHY | UNDER 30 MINUTES

The lightly herbed lemon topping is delightful, but it doesn't overwhelm the delicate taste of the scallops.

**Start to Finish** 20 minutes  
(10 minutes active)

**Servings** 2

- 8 large (1 ounce each) sea scallops, cleaned and patted dry
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- Vegetable oil cooking spray
- 2 tablespoons finely chopped parsley

- **teaspoons capers**
- 1 teaspoon lemon zest**
- 1 teaspoon minced garlic**
- Garnishes: lemon slices, parsley sprigs**

- 1** Sprinkle scallops with salt and pepper.
- 2** Coat air fryer basket or racks with cooking spray. Arrange scallops in a single layer and spray with cooking spray.
- 3** Cook at 400°F about 6 minutes, or until a meat thermometer reads 120°F.
- 4** Meanwhile, stir together parsley, capers, zest and garlic until combined.
- 5** Arrange scallops on serving plates; top with parsley mixture. Garnish with lemon slices and parsley sprigs, if desired.

## FRIED CATFISH PO'BOY

FAMILY FAVORITE | SOUTHERN CUISINE

**This traditional New Orleans sandwich is served on bread with a crispy crust and a soft center, so seek out something similar. Add pickle slices for authentic flavor.**

**Start to Finish** 50 minutes  
(40 minutes active)

**Servings** 4

- 4 catfish fillets**
- Vegetable oil cooking spray**
- ¾ cup white cornmeal**
- ¼ cup flour**
- 1 tablespoon Old Bay seasoning**
- 2 teaspoons salt**
- 1 teaspoon paprika**
- ½ teaspoon ground black pepper**
- 4 hoagie rolls or hot dog buns**
- Shredded lettuce, tomato slices, cocktail sauce, tartar sauce**

- 1** Spray catfish with cooking spray.
- 2** Add cornmeal, flour, Old Bay seasoning, salt, paprika and pepper to a zip-top bag.
- 3** Place fillets in bag and shake until coated.
- 4** Place fillets in air fryer basket or racks (you may need to work

in batches) and cook at 400°F for 15 minutes, turning halfway through cooking.

**5** Remove fish from air fryer and serve on rolls or buns with shredded lettuce and sliced tomato. Add cocktail sauce and tartar sauce, if desired.

## SHRIMP FAJITAS

EASY | FAMILY FAVORITE | PARTY-WORTHY

**You don't have to wait till you're at your favorite Mexican restaurant to enjoy this sizzling treat.**

**Start to Finish** 30 minutes  
(10 minutes active)

**Servings** 4

- 1 red bell pepper, sliced into thin strips**
- 1 green bell pepper, sliced into thin strips**
- 1 red onion, sliced into thin strips**
- 1 (1.12-ounce) package fajita**

**seasoning mix, divided**

- 1 pound raw medium shrimp, peeled and deveined**
- 4 tablespoons olive oil, divided**
- 4 (10-inch) flour tortillas, charred**
- Sour cream, guacamole, salsa, cilantro, optional**

- 1** Preheat air fryer to 400°F.
- 2** In a large bowl, mix pepper and onion strips; sprinkle with half of fajita seasoning. Drizzle with 2 tablespoons oil; stir to combine.
- 3** In another large bowl, combine shrimp and remaining fajita seasoning. Drizzle with remaining olive oil; stir to combine.
- 4** Place vegetables in basket or rack of air fryer and cook for 12 minutes, shaking halfway through. Transfer mixture to a bowl.
- 5** Place shrimp in basket or rack of air fryer and cook for 5 minutes. Flip and cook for additional 3 minutes. Divide vegetables among tortillas and top with shrimp.
- 6** Serve with toppings, if desired.

Fried Catfish Po'Boy







Salmon Burgers

## SALMON BURGERS

CELEBRITY RECIPE

Who said burgers have to be made of meat? Seasoned salmon (and a bit of cream cheese) makes for a very tasty sandwich.

**Start to Finish** 30 minutes, plus 30 minutes chill time

(15 minutes active)

**Servings** 4

- 1¼ pounds skinless salmon fillet, pin-boned
- 3 tablespoons cream cheese, softened
- 1 small red onion, finely diced
- 1 egg, beaten
- 2 tablespoons fresh parsley, roughly chopped
- 2 tablespoons lemon juice
- 2 tablespoons cornstarch, plus extra for dusting
- Salt
- Freshly ground black pepper
- Cooking spray
- 3 tablespoons white vinegar
- 1 tablespoon water
- ½ teaspoon sugar

- 3 large carrots, finely shredded
- ½ white onion, finely sliced
- 1 small white cabbage, finely shredded
- 4 whole-wheat buns, split
- 1 large avocado, halved, pitted, peeled and cut into thin slices
- 2 tablespoons mayonnaise, plus extra to serve
- 1 handful mixed salad sprouts, like alfalfa

- 1 Dice salmon into small pieces. Place in a mixing bowl; add cream cheese, red onion, egg, parsley, lemon juice, cornstarch, ½ teaspoon salt and ¼ teaspoon pepper. Stir thoroughly.
- 2 Divide mixture into 4 balls and pack into patties using your hands. Cover and refrigerate for at least 30 minutes until ready to cook.
- 3 Preheat air fryer to 380°F. Spritz basket with cooking spray.
- 4 Dust patties with cornstarch, shaking off excess. Spritz with cooking spray before placing in basket.
- 5 Cook for 12-14 minutes, carefully turning after 6-7 minutes, until golden-brown on both sides and firm to the touch.
- 6 Meanwhile, whisk together vinegar, water, sugar and ½ teaspoon salt in a

mixing bowl until sugar and salt have dissolved.

7 Add carrot, cabbage and white onion, stirring and tossing to combine.

8 Remove salmon patties from air fryer when ready, keeping warm under aluminum foil.

9 Toast buns under hot air fryer, if desired. Top bottom halves with coleslaw before sitting patties on top.

10 Arrange avocado slices on top, followed by mayonnaise and salad sprouts. Sit tops of the buns in place before serving.

## HERB-CRUSTED FISH

UNDER 30 MINUTES

Mild herbs are the ideal complement to fish fillets. Use your favorites!

**Start to Finish** 25 minutes

(10 minutes active)

**Servings** 4

- 2 cups fresh white breadcrumbs
- 1 handful fresh parsley
- 1 handful fresh tarragon
- 1 tablespoon lemon zest, finely grated
- 3 tablespoons extra-virgin olive oil
- Salt
- Freshly ground black pepper
- 4 skinless white fish fillets, like cod or haddock, pin-boned
- Cooking spray
- 1 lemon, halved, to serve

- 1 Preheat air fryer to 380°F.
- 2 Pulse breadcrumbs, herbs, lemon zest, olive oil, ½ teaspoon salt and ¼ teaspoon pepper in a food processor.
- 3 Season fish fillets with a little salt and pepper. Pack breadcrumb mixture onto them in an even layer.
- 4 Spritz basket with cooking spray before arranging fish in it. Spritz tops of fish with cooking spray.
- 5 Cook for 15 minutes until crust is golden-brown and fish is firm to the touch and opaque in appearance.
- 6 Remove from air fryer and let cool briefly before serving with a squeeze of lemon juice.

## MAINE LOBSTER ROLLS

CROWD PLEASER | UNDER 30 MINUTES

**This seaside treat is easier to make than you might expect! The toasted buns are a must.**

**Start to Finish** 22 minutes

(15 minutes active)

**Servings** 4

- 3** frozen or fresh lobster tails, about 5 ounces each, thawed
- Salt**
- Freshly ground black pepper**
- 3½** tablespoons mayonnaise
- 1½** tablespoons sour cream
- 1** celery stalk, finely diced
- 1-2** tablespoons fresh lemon juice
- 2** tablespoons chives, snipped
- 4** top-split white hot dog buns
- 2** tablespoons unsalted butter, melted, divided
- Potato chips, to serve**

- 1** Preheat air fryer to 380°F.
- 2** Cut through top of lobster shell with kitchen scissors, peeling shell back on either side to expose meat. Place in fryer basket and season with salt and pepper.
- 3** Cook for 6-7 minutes until meat is opaque and firm to touch.
- 4** Remove lobster from fryer and immediately place in a bowl of ice water for 5 minutes.
- 5** Remove lobster from ice water and pat dry with paper towels before removing meat from shells.
- 6** Roughly chop meat and combine with mayonnaise, sour cream and celery—and enough lemon juice, salt and pepper to taste—stirring thoroughly. Stir in chives.
- 7** Preheat a large skillet over medium heat until hot. Generously spread insides and outsides of rolls with butter.
- 8** Toast rolls in skillet until a golden crust forms all over, flipping them from time to time.
- 9** Fill with dressed lobster and serve with potato chips on the side.

## SHRIMP BOIL

FAMILY FAVORITE | PARTY-WORTHY

**With seafood, sausage and veggies, it's no wonder this dish is a classic.**

**Start to Finish** 35 minutes

(20 minutes active)

**Servings** 4

- 1** (12-ounce) bag cooked, frozen shrimp, peeled and deveined, tails-on
- 1** (14-ounce) package smoked sausage, sliced
- 2** cups par-cooked baby red potatoes, halved
- 1** small onion, sliced

- 2** large ears corn, cut into 4 pieces
- 3** tablespoons Old Bay seasoning
- 2** bay leaves
- Vegetable oil cooking spray**

- 1** In a large bowl, combine shrimp and the next 6 ingredients.
- 2** Place a sheet of foil in air fryer basket or rack.
- 3** This dish will be cooked in 2 batches. Add half of mixture to air fryer.
- 4** Spray with cooking spray.
- 5** Cook at 390°F for 12 minutes, shaking halfway through to ensure even cooking.
- 6** Cook the second half of the mixture in the same way.

Shrimp Boil



## FOUR-SPICE SALMON

FAMILY FAVORITE

**Toasting the spices before grinding them adds more flavor to this dish (and it will make your kitchen smell heavenly).**

**Start to Finish** 32 minutes  
(10 minutes active)

**Servings** 4

- 2 teaspoons cumin seeds
- 2 teaspoons coriander seeds
- 2 teaspoons fennel seeds
- 1 teaspoon fenugreek seeds
- Salt
- Freshly ground black pepper
- 4 skinless salmon fillets, pin-boned
- Cooking spray
- 4 heads of bok choy, split in half
- 2 red chilies, sliced into rings
- 1 lime, cut into wedges

1 Preheat air fryer to 390°F. Place spices in a 6-inch baking pan and toast in air fryer until aromatic, about 1-2 minutes.  
2 Tip out into a spice grinder; add 1 teaspoon salt and ½ teaspoon pepper and pulse until coarsely ground.  
3 Rub spice mixture onto salmon fillets and spritz with cooking spray. Spritz basket with cooking spray before

arranging salmon in it.

4 Cook for 10-12 minutes until firm to the touch and opaque in appearance.  
5 Meanwhile, steam bok choy with chili in a covered steaming basket set over a saucepan of simmering water until tender, about 2-3 minutes.  
6 Remove salmon from air fryer when ready and divide between plates, squeezing over some lime juice. Serve with bok choy and chili on the side.

## BANG BANG SHRIMP

CROWD PLEASER | UNDER 30 MINUTES

**Batter-fried crispy shrimp, tossed in a sauce that's both sweet and spicy, are delicious as a shared appetizer. Serve them with a bowl of rice to make them a meal.**

**Start to Finish** 20 minutes  
(15 minutes active)

**Servings** 4

- ½ cup all-purpose flour
- Salt
- freshly ground black pepper
- ½ cup cornstarch
- 1 pinch baking soda
- 1 teaspoon soy sauce
- 1 egg white, beaten to stiff peaks

- 1 pound large shrimp, peeled and deveined
- Cooking spray
- ¼ cup Thai sweet chili sauce
- 1 tablespoon rice vinegar
- 1 tablespoon sriracha, or other chili sauce
- 4 scallions, sliced on the bias
- 2 large carrots, peeled and thinly sliced on the bias
- 1 dried red chilies

1 Place flour in a shallow dish and season with salt and pepper to taste.  
2 Stir together cornstarch and baking soda with some salt and pepper to taste in a second dish. Whisk in soy sauce, beaten egg white and enough water to make a smooth batter that will coat shrimp.  
3 Preheat air fryer to 400°F. Dust shrimp in seasoned flour, shaking off excess. Dip in batter, turning to coat, and then let excess drip off before arranging in basket. Spritz with cooking spray.  
4 Cook for 6 minutes; turn and spritz with more cooking spray and cook for an additional 3-4 minutes until golden-brown and crisp.  
5 While shrimp is cooking, warm together sweet chili sauce, vinegar, sriracha and a splash of water in a small saucepan.  
6 Stir in scallions, carrots and dried chilies, bringing sauce to a simmer. Cover and cook for 5-6 minutes until vegetables are just tender to the bite.  
7 Remove shrimp from air fryer when ready and place in a bowl. Pour over sauce and toss to coat before serving.

## SHRIMP SCAMPI

CROWD PLEASER | UNDER 30 MINUTES

**Wine, garlic and lemon make this shrimp dish a classic. Serve it with pasta tossed with olive oil—and more garlic.**

**Start to Finish** 18 minutes  
(10 minutes active)

**Servings** 4





- 2 tablespoons olive oil
- 3 tablespoons butter, divided
- 3 garlic cloves, minced
- 1 lemon, sliced
- 1½ pounds large shrimp, peeled and deveined with tails intact
- Salt
- Freshly ground black pepper
- ¼ cup dry white wine
- 1 pinch red pepper flakes, optional
- 2-3 tablespoons fresh parsley, chopped

- 1 Preheat air fryer to 360°F. Place a 6-inch baking pan in fryer to preheat for 3 minutes.
- 2 Remove pan; add olive oil, 1½ tablespoons butter, garlic and lemon slices. Return to air fryer for 2 minutes, stirring after 1 minute.
- 3 Remove pan; add shrimp, ½ teaspoon salt, ¼ teaspoon pepper, wine and red pepper flakes if using.
- 4 Return to air fryer for 5-6 minutes until shrimp is firm to touch and pink.
- 5 Remove pan from air fryer; stir in remaining butter until melted. Add more salt and pepper as needed.
- 6 Garnish with chopped parsley.

## FISH STICKS

EASY | KID-FRIENDLY

**Old Bay is a classic seasoning blend designed for seafood. With a bit of spice and celery salt, it adds interest to this simple dish.**

**Start to Finish** 30 minutes

(15 minutes active)

**Servings** 4

- 4 (6-ounce) cod fillets
- ¼ cup flour
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 eggs
- 1 cup panko breadcrumbs
- 1 tablespoon Old Bay seasoning
- Vegetable oil cooking spray
- Dips: ketchup, tartar sauce, cocktail sauce



Fish Sticks

- 1 Cut each cod fillet into 4 sticks and dry with paper towels.
- 2 You'll need 3 shallow bowls: In the first, mix flour, paprika, salt and pepper; in the second, beat eggs; in the third, mix breadcrumbs and Old Bay seasoning.
- 4 Coat fish sticks in flour mixture, egg, then panko, pressing to make adhere.

- 5 Spray fish sticks with cooking spray.
- 6 Place fish sticks in air fryer basket or racks and cook at 400°F for 10 minutes, turning once halfway through.
- 7 Remove sticks from air fryer and serve with ketchup, tartar sauce and cocktail sauce on the side.

THANKS TO THE  
AIR FRYER, YOU CAN  
COOK UP INDIVIDUAL  
PORTIONS AS A SIDE DISH.

SEE  
PG. 94

The background of the entire image is a dark, textured grey. On the left side, there is a white plate with a piece of golden-brown fried food, possibly a chicken cutlet, and a small portion of green beans. A white napkin with dark blue or black stripes is folded and placed diagonally across the bottom of the frame. The text is overlaid on the right side of the image.

**TASTY**

# VEGGIES & SIDES

THE QUESTION: WHAT TO SERVE WITH  
YOUR SCRUMPTIOUS MAIN COURSE?

YOU CAN OPT FOR SOMETHING  
TO COMPLEMENT THE DISH, OR GO  
FOR A CONTRAST IN FLAVOR AND

TEXTURE. EITHER WAY, THESE RECIPES  
AND YOUR AIR FRYER GUARANTEE THE  
COMBINATION WILL BE SPECTACULAR.



## BALSAMIC HONEY GLAZED RAINBOW CARROTS

CLASSIC | UNDER 30 MINUTES

The glaze plays up the natural sweetness of carrots.

**Start to Finish** 15 minutes  
(5 minutes active)

**Servings** 4

- 1 pound rainbow carrots, halved lengthwise
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- Chopped parsley

- 1 Preheat air fryer to 400°F.
- 2 In a large bowl, add carrots, olive oil, vinegar, honey, salt and pepper; toss well to coat.
- 3 Place carrots in air fryer basket or tray
- 4 Cook for 5 minutes; flip and cook another 5 minutes
- 5 Garnish with chopped parsley.

## EGGPLANT PARMESAN

CLASSIC | EASY | PARTY-WORTHY

Now you can serve an individual portion of eggplant parm for a starter, side or snack.

**Start to Finish** 35 minutes  
(15 minutes active)

**Servings** 8

- ¼ cup flour
- 2 eggs
- ½ cup Italian breadcrumbs
- ¼ cup grated Parmesan cheese
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper
- 1 medium eggplant, sliced into 8 (½-inch-thick) rounds
- 1 cup marinara sauce

- 8 slices fresh mozzarella cheese
- Chopped parsley, basil leaves, optional

- 1 Preheat air fryer to 375°F.
- 2 In a small bowl, place flour. In another small bowl, beat eggs. In a third bowl, combine breadcrumbs, Parmesan cheese, Italian seasoning, salt, garlic powder and pepper.
- 3 Dip eggplant rounds first in flour, then in beaten eggs, then in breadcrumb mixture
- 4 Place eggplant rounds in air fryer basket or tray (you may need to work in batches). Cook for 10 minutes, flip and cook for another 5 minutes.
- 5 Top each cooked round with marinara sauce and 1 slice mozzarella cheese. Place back in basket or rack and cook until cheese has started to melt, 1 to 2 minutes.
- 6 Place on individual serving plates; garnish with chopped parsley and basil leaves, if desired.

## MELTING POTATOES

COMFORT FOOD | UNDER 30 MINUTES

These are golden and crisp on the outside, soft and melted on the inside.

**Start to Finish** 20 minutes  
(5 minutes active)

**Servings** 2

- 2 small russet potatoes, cut into ½-inch-thick slices
- 1 teaspoon olive oil
- 1 teaspoon butter, melted
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh rosemary
- ¼ teaspoon paprika
- ¼ teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- Ketchup

- 1 Preheat air fryer to 380°F.
- 2 In a large bowl, toss potatoes with olive oil, melted butter, thyme, rosemary, paprika, garlic powder, salt and pepper.

- 3 Place potatoes in basket or rack of air fryer, without overcrowding them. Cook for 8 minutes, flip and cook for an additional 7 minutes or until browned. Serve with ketchup.

## POTATO CROQUETTES

FAMILY FAVORITE

Mashed potatoes aren't exactly finger food—until you turn them into these tasty croquettes.

**Start to Finish** 40 minutes  
(25 minutes active)

**Servings** 4

- 3 large potatoes, like russet or Yukon gold, peeled and cubed (or 2-3 cups of leftover mashed potatoes)
- 2 small egg yolks
- ¾ cup Parmesan cheese, grated
- 3 tablespoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¾ cup dry breadcrumbs
- Cooking spray
- Garlic aioli, or other dip, to serve

- 1 If you're using leftover mashed potatoes, skip to Step 3. Otherwise, cook potatoes in a large saucepan of salted, boiling water until tender to the tip of a knife, about 15 minutes.
- 2 Drain well and mash thoroughly in a mixing bowl. Let cool for 2 hours
- 3 Add egg yolks, Parmesan, flour, salt and pepper. Mix until evenly combined
- 4 Divide and shape mixture into 12 croquettes. Roll in a shallow dish of breadcrumbs to coat
- 5 Preheat air fryer to 400°F. Spray basket and croquettes with cooking spray.
- 6 Working in two batches, cook croquettes for 6-7 minutes until golden-brown, turning halfway through cooking.
- 7 Remove from air fryer and keep warm under aluminum foil. Repeat cooking for remaining croquettes.
- 8 When ready, serve croquettes with garlic aioli or dip of your choice

A close-up photograph of a white plate filled with roasted rainbow carrots. The carrots are cut into long, diagonal sticks and are coated in a dark, glossy glaze. They are garnished with finely chopped green herbs. A black spoon is visible in the upper left corner of the frame.

## Cook's Notes

The different colors of carrots vary slightly in taste, but once cooked they all taste similar. Orange carrots get their color from the antioxidant beta-carotene, while purple ones get theirs from the antioxidant anthocyanin. Good —and good for you!

THEY'RE NOT  
JUST BEAUTIFUL—  
THEY'RE PACKED WITH  
NUTRIENTS, TOO!

Balsamic  
Honey Glazed  
Rainbow Carrots

A SQUEEZE OF  
LEMON PLAYS UP  
THE FRESH, GREEN  
FLAVOR OF ASPARAGUS.

## Cook's Notes

Chefs often opt for thin asparagus spears for a more elegant presentation. But thicker spears have a higher vitamin and soluble fiber content because they've been growing longer and therefore have absorbed more nutrients from the soil.

Asparagus  
With Lemon  
And Garlic



## ASPARAGUS WITH LEMON AND GARLIC

EASY PARTY WORTHY

Asparagus cooks up tender in the air fryer, so it doesn't need much embellishment.

**Start to Finish** 15 minutes  
(5 minutes active)

**Servings** 4

- 1 pound asparagus, trimmed
- 1 teaspoon olive oil
- ½ teaspoon lemon pepper
- ½ teaspoon granulated garlic
- ¼ teaspoon kosher salt
- 1 teaspoon lemon juice
- Lemon wedges, optional

- 1 Preheat air fryer to 350°F
- 2 In a large bowl, combine asparagus, olive oil, lemon pepper, garlic and salt; toss to coat
- 3 Arrange asparagus in air fryer basket or tray and cook for 5 minutes; flip and cook for an additional 3 minutes.
- 4 Toss with lemon juice to serve; garnish with lemon wedges, if desired.

## TERIYAKI BRUSSELS SPROUTS

EASY UNDER 30 MINUTES

The sweetness of teriyaki sauce might change the minds of Brussels sprout naysayers.

**Start to Finish** 15 minutes  
(5 minutes active)

**Servings** 4

- ¾ cup teriyaki sauce
- ¼ cup water
- 1 tablespoon hoisin sauce
- 2 cups Brussels sprouts, trimmed and halved
- Red pepper flakes

- 1 Preheat air fryer to 400°F.
- 2 In a large bowl, mix teriyaki sauce, water and hoisin sauce; add sprouts and toss to coat.



- 3 Place sprouts in basket or tray of air fryer and cook for 10 minutes, stirring occasionally.
- 4 Sprinkle with red pepper flakes and serve immediately.

## HUSH PUPPIES

CROWD PLEASER

Hush puppies make a fun side dish to accompany fried fish or barbecued meats. They are perfect for picnics—and neater to eat than sliced cornbread!

**Start to Finish** 30 minutes  
(10 minutes active)

**Servings** 4

- 1 cup yellow cornmeal
- ¾ cup all-purpose flour
- 1 ½ teaspoons baking powder
- ¾ teaspoon salt

- 1 small onion, finely diced
- 1 egg
- 1 cup milk
- Cooking spray
- 2 tablespoons chives, snipped

- 1 In a large mixing bowl, whisk together cornmeal, flour, baking powder and salt.
- 2 Stir in onion, then whisk in egg and milk to make a rough batter
- 3 Preheat air fryer to 390°F
- 4 Spray basket with cooking spray. Shape batter into small balls using damp hands. Place them in basket and spray with additional cooking spray
- 5 Cook for 20 minutes, carefully turning after 10 minutes and spraying with more cooking spray, until golden-brown and crisp at edges
- 6 Remove from air fryer and serve immediately with a garnish of snipped chives


**TRY**

making these potato cakes with mashed sweet potatoes for a nutrition boost.

Mashed Potato Cakes

## MASHED POTATO CAKES

COMFORT FOOD | EASY | KID-FRIENDLY

These cakes air-fry to crispy perfection. Try them as a side dish with pork chops.

**Start to Finish** 30 minutes  
(15 minutes active)

**Servings** 12 Cakes

- 2 cups cooked mashed potatoes
- 1 cup shredded cheddar cheese
- ½ cup cooked, crumbled bacon

- ½ cup sliced green onion
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 eggs
- 1 cup flour
- 2 cups panko breadcrumbs
- Vegetable oil cooking spray
- Garnishes: sour cream, sliced green onions

- 1 In a large bowl, combine potatoes, cheese, bacon, green onion, salt and pepper.
- 2 Form into cakes and freeze for 30 minutes

3 You'll need 3 shallow bowls: In the first, beat eggs; in the second, place flour; in the third, place panko.

4 Dip each cake in flour, then eggs, then panko

5 Place cakes in air fryer basket or racks coated with cooking spray (you may need to work in batches).

6 Cook at 375°F for 8 minutes or until crispy

7 Serve immediately. Garnish with sour cream and green onions, if desired

## BROCCOLI WITH CHEESE SAUCE

COMFORT FOOD | EASY | UNDER 30 MINUTES

Melted cheese makes broccoli even better!

**Start to Finish** 15 minutes  
(10 minute active)

**Servings** 4

- 1 broccoli head, cut into florets
- 1 tablespoon olive oil
- 2 teaspoons kosher salt, divided
- 2 teaspoons freshly ground black pepper, divided
- ¼ cup butter
- ¼ cup flour
- 1½ cups heavy cream
- 1 tablespoon Worcestershire sauce
- 1 teaspoon paprika
- 1 teaspoon dry mustard
- 1½ cups grated cheddar cheese

- 1 Preheat air fryer to 325°F.
- 2 In a large bowl, toss broccoli, olive oil, 1 teaspoon salt and 1 teaspoon pepper
- 3 Place broccoli in basket or tray of air fryer. Cook 4 to 5 minutes.
- 4 In a skillet over medium heat, melt butter; add flour and cook 2 minutes, stirring constantly. Add cream, Worcestershire sauce, paprika, dry mustard, remaining salt and remaining pepper.
- 5 Add cheese; stir until cheese melts and forms a smooth sauce.
- 6 In a serving bowl, pour cheese sauce over broccoli

## BAKED SWEET POTATOES

FAMILY FAVORITE

**An air fryer gives baked sweet potatoes the same delicious crispy skin traditional ovens do.**

**Start to Finish** 50 minutes  
(5 minutes active)

**Servings** 4

- 4** small sweet potatoes, scrubbed
- 2** tablespoons olive oil
- Salt**
- Butter, to serve**

- 1** Preheat air fryer to 380°F.
- 2** Prick sweet potatoes with a fork. Drizzle with olive oil and season with salt, rubbing oil and salt into potatoes.

- 3** Place in basket. Cook for 40-45 minutes until tender to tip of a knife.
- 4** Remove from air fryer and let cool briefly before splitting open and serving with a pad of butter.

## SWEET POTATO FRIES

CROWD PLEASER

**These lightly salted fries are simple—and addictive. And, they are higher in vitamin A than French fries.**

**Start to Finish** 30 minutes  
(10 minutes active)

**Servings** 4

- 2** large sweet potatoes, peeled
- 2** tablespoons cornstarch

- 1** tablespoon olive oil
- 1** teaspoon flaked sea salt, plus extra to serve
- ½** teaspoon garlic powder
- Cooking spray**

- 1** Preheat air fryer to 400°F.
- 2** Cut potatoes into ¼-inch thick fries. Toss with cornstarch, olive oil, salt and garlic powder in a mixing bowl.
- 3** Working in two batches, arrange sweet potato fries in basket and cook for 10 minutes, turning after 5 minutes, until they are golden-brown and crisp at the edges.
- 4** Remove from air fryer and keep warm under aluminum foil. Repeat cooking for remaining fries.
- 5** When ready, serve with a sprinkle of sea salt and your choice of dip.

Baked Sweet Potatoes





COTIJA CHEESE ADDS A SAVORY, SALTY FINISH SIMILAR TO FETA TO THIS STREET CORN.



Hasselback Potatoes

## HASSELBACK POTATOES

CROWD PLEASER

**Do you like your potatoes baked or fried? This recipe combines both!**

**Start to Finish** 50 minutes  
(10 minutes active)

**Servings** 4

- 4** small potatoes, like Yukon Gold or russet
- 2** tablespoons olive oil
- Flaked sea salt
- Freshly ground black pepper
- 2-3** fresh thyme sprigs, torn

- 1** Preheat air fryer to 360°F.
- 2** Using a sharp knife, cut slits down length of potatoes, about ⅛-inch apart, stopping about ⅛-inch above skin on bottom.

- 3** Brush potatoes with olive oil and season with salt. Place in basket.
- 4** Cook for 30-40 minutes until tender to the tip of a knife, golden and crisp.
- 5** Remove from air fryer and let cool briefly before seasoning with more salt and pepper. Garnish with thyme.

## MEXICAN FRIED STREET CORN

MEXICAN CUISINE UNDER 30 MINUTES

**This zesty corn is a great way to enjoy fresh corn on the cob. Want to make cheese-lovers extra happy? Serve it with additional Cotija cheese on the side.**

**Start to Finish** 20 minutes  
(10 minutes active)

**Servings** 4

- Vegetable oil cooking spray
- 4** ears fresh yellow corn, shucked and cleaned
- 2** tablespoons butter
- 2** teaspoons minced garlic
- 1** tablespoon lime juice
- ½** teaspoon salt
- ½** teaspoon ground black pepper
- 2** tablespoons chopped cilantro
- 2** tablespoons crumbled Cotija cheese

- 1** Spray corn with cooking spray
- 2** Place corn inside air fryer basket or racks. Cook at 400°F for 14 minutes or until slightly charred.
- 3** Transfer corn to platter.
- 4** Stir butter, garlic and lime juice in a microwavable bowl. Microwave for 30 seconds or until melted.
- 5** Pour mixture over corn. Sprinkle with salt, pepper, cilantro and Cotija cheese.

## BEER-BATTERED GREEN BEANS WITH SRIRACHA MAYO

PARTY WORTHY

A beer batter is lighter than other types, making it an ideal choice for delicate items like green beans.

**Start to Finish** 30 minutes  
(20 minutes active)

Servings 4

- 1 cup light beer
- 1 cup flour
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 (12-ounce) package fresh green beans, trimmed
- Sriracha mayonnaise or grated Parmesan cheese

- 1 Mix beer, flour, salt and pepper in a bowl. Add green beans; toss to coat. Shake off excess
- 2 Place parchment paper in air fryer basket or racks. Add beans to air fryer (you may need to cook in batches).

- 3 Cook at 400°F for 10 minutes, turning once halfway through cooking.
- 4 Remove from air fryer. Sprinkle with Parmesan cheese or serve with Sriracha mayo on the side, if desired

## GINGER SHISHITO PEPPERS

HEALTHY | PARTY-WORTHY | UNDER 30 MINUTES

These small peppers are slightly sweet and generally mild in flavor. Make a few batches if you're serving them to a crowd—they go fast!

**Start to Finish** 20 minutes  
(10 minutes active)

Servings 4

- 1 pint shishito peppers (about 20)
- 1 teaspoon olive oil
- 1 tablespoon soy sauce
- 1 tablespoon lime juice
- 1 teaspoon minced garlic
- ½ teaspoon minced ginger
- Garnish: chopped cilantro

- 1 In a large bowl, toss peppers with oil.
- 2 Place peppers in air fryer basket or rack.
- 3 Cook at 400°F, stirring halfway through, until blistered and tender, about 7 minutes.
- 4 Meanwhile, stir together soy sauce, lime juice, garlic and ginger. Add cooked peppers and toss to coat.
- 5 Garnish with cilantro, if desired.

## MAC & CHEESE

CROWD PLEASER

The secret to rich, creamy, melty macaroni and cheese? Use a blend of different cheeses.

**Start to Finish** 50 minutes  
(15 minutes active)

Servings 4

- 8 ounces elbow (or other shape) macaroni
- ½ cup whole milk
- ½ cup heavy cream, plus 2 tablespoons extra
- 1 cup fontina cheese, grated
- ½ cup sharp cheddar cheese, grated
- 1 pinch freshly grated nutmeg
- Salt
- Freshly ground black pepper
- ¼ cup Parmesan cheese, grated
- 1 tablespoon butter, melted

- 1 Bring a large saucepan of generously salted water to boil.
- 2 Add macaroni; cook until al dente, following package directions. Drain well and place in a mixing bowl.
- 3 Stir in milk, cream, fontina, cheddar, nutmeg, ½ teaspoon salt and ¼ teaspoon pepper. Spoon into a 6-inch baking pan.
- 4 Preheat air fryer to 360°F. Sprinkle Parmesan over macaroni.
- 5 Place pan in basket and cook for 15 minutes. Remove from air fryer and stir in melted butter.
- 6 Return to air fryer for 15-20 minutes until golden-brown and bubbling.
- 7 Remove from air fryer and stir in remaining cream before serving.



Beer-Battered Green Beans with Sriracha Mayo





## Cook's Notes

Add some different cheeses to your usual macaroni and cheese blend. Some varieties to consider: rich, creamy brie; earthy, sweet Gruyère; and buttery, mild Havarti.

**TRY** using broccoli or cauliflower florets, or asparagus, in this recipe.

Spicy Green Beans

## SPICY GREEN BEANS

PARTY-WORTHY | UNDER 30 MINUTES

These Asian-inspired beans can be made without the red pepper flakes if you want to turn down the heat.

**Start to Finish** 25 minutes  
(15 minutes active)

**Servings** 4

- 1 tablespoon sesame oil
- 2 teaspoons soy sauce
- 1 teaspoon seasoned rice wine vinegar
- 1 clove garlic, minced
- ½ teaspoon red pepper flakes
- 1 (12-ounce) bag trimmed green beans
- Cilantro sprigs, optional

- 1 Preheat air fryer to 400°F.
- 2 In a medium bowl, whisk together sesame oil, soy sauce, rice wine vinegar, garlic and red pepper flakes. Add green beans and toss to coat. Let marinate for 5 minutes.
- 3 Place green beans in air fryer basket (you may need to work in batches).

Cook 12 minutes, shaking basket halfway through cooking time.

- 4 Place on serving dish; garnish with cilantro sprigs, if desired.

## ROASTED ROOT VEGETABLES

FAMILY FAVORITE

Roasting brings out the natural sweetness in root veggies.

**Start to Finish** 45 minutes  
(10 minutes active)

**Servings** 4

- 3 parsnips, peeled and quartered
- 4 carrots, peeled and quartered
- 2 beets, peeled and cut into wedges
- 2 tablespoons olive oil
- Salt
- Freshly ground black pepper
- 1 handful fresh chervil or parsley, to garnish

- 1 Preheat air fryer to 360°F.
- 2 Toss vegetables with olive oil and plenty of salt and pepper in a mixing bowl.
- 3 Arrange in basket. Cook for 30-35, turning after 15 minutes, until vegetables are tender to the tip of a knife.

## FRENCH FRIES

UNDER 30 MINUTES

Fresh from the air fryer, these potatoes will disappear in minutes!

**Start to Finish** 25 minutes  
(10 minutes active)

**Servings** 4

- 2 large russet potatoes, scrubbed and peeled
- 1 tablespoon canola oil
- ½ teaspoon flaked sea salt
- 1 handful fresh thyme or other herbs

- 1 Preheat air fryer to 380°F.
- 2 Cut potatoes into ¼-inch thick sticks.
- 3 Toss potatoes with oil, salt and thyme in a mixing bowl. Spray basket with cooking spray.
- 4 Arrange potatoes in an even layer in basket. Cook for 12-15 minutes, turning after 6-7 minutes, until golden and crisp all over.
- 5 Remove from air fryer and let cool briefly before serving.



DO AS CHEFS DO:  
USE BUTCHER PAPER  
TO ABSORB EXCESS  
GREASE FROM FRIES  
BEFORE SERVING

French Fries



## **GARLIC PARMESAN ASPARAGUS**

HEALTHY | UNDER 30 MINUTES

Whether you prefer the thinner or thicker variety of asparagus, the air fryer will cook them perfectly every time.

**Start to Finish** 15 minutes  
(5 minutes active)

Servings 4

- 1 pound asparagus, trimmed
- 1 tablespoon olive oil
- 1 tablespoon grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon salt
- ½ teaspoon ground black pepper

1 Place asparagus on a large plate and drizzle with olive oil. Sprinkle

with grated Parmesan, garlic powder, salt and pepper.

2 Place asparagus in air fryer basket or racks (you may need to work in batches)

3 Cook at 400°F for 10 minutes

## **PARMESAN POTATO WEDGES**

CROWD PLEASER

Herbs and cheese make these skin-on fried potatoes even tastier. Serve them with aioli on the side.

**Start to Finish** 40 minutes  
(10 minutes active)

Servings 4

- 2 large russet potatoes
- 2 tablespoons olive oil

- 1 tablespoon garlic powder
- 2 teaspoons dried thyme
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon red pepper flakes, optional
- Cooking spray
- ½ cup Parmesan cheese, grated

1 Preheat air fryer to 400°F

2 Cut potatoes into wedges. Toss olive oil, garlic powder, thyme, salt, pepper and red pepper flakes (if using) in a mixing bowl. Toss potatoes in mixture.

3 Spray basket with cooking spray and arrange wedges in it. Top with Parmesan cheese.

4 Cook for 25-30 minutes until wedges are golden-brown and tender; gently shake basket every 7-8 minutes and test for doneness with a fork.

5 Remove from air fryer and let cool briefly before serving.

Garlic Parmesan Asparagus



## AVOCADO FRIES

EASY | KID-FRIENDLY

**You'll love how creamy the avocado gets when fried. These also make a great snack—and avocado is loaded with good-for-you fats.**

**Start to Finish** 30 minutes  
(10 minutes active)

**Servings** 2

- ¼ cup flour**
- 1 teaspoon salt**
- ½ teaspoon ground black pepper**
- 1 egg**
- 1 tablespoon water**
- ½ cup panko breadcrumbs**
- 1 large avocado, halved, seeded, peeled and cut into 8 slices**
- Vegetable oil cooking spray**
- Ranch dressing or remoulade sauce**

- 1** You'll need 3 shallow bowls: In the first, mix flour, salt and pepper; in the second, beat egg with water; in the third, place panko breadcrumbs.
- 2** Dredge avocado slices in flour mixture, then egg mixture, then panko.
- 3** Spray avocado slices with cooking spray.
- 4** Place slices in air fryer basket or racks.
- 5** Cook at 400°F for 8 minutes, turning once halfway through.
- 6** Serve with ranch dressing or remoulade sauce on the side, if desired.

## PARMESAN CAULIFLOWER

EASY | FAMILY FAVORITE

**The double frying of this dish ensures a crisp, light crust. You'll convert even cauliflower haters!**

**Start to Finish** 35 minutes  
(15 minutes active)

**Servings** 4

- 3 cups cauliflower florets**
- 2 tablespoons olive oil, divided**
- 1 tablespoon minced garlic**



- ½ cup shredded Parmesan cheese**
- ¼ cup panko breadcrumbs**
- Garnish: thyme sprigs**

- 1** In a large bowl, toss cauliflower, 1 tablespoon olive oil and garlic.
- 2** Arrange cauliflower in air fryer basket or racks in a single layer (you may need to work in batches).
- 3** Cook at 360°F for 10 minutes.
- 4** Return cauliflower to bowl and toss with remaining olive oil, Parmesan and panko.
- 5** Cook until mixture is crisp and browned, about 5 minutes more.
- 6** Garnish with thyme sprigs, if desired.

## ZUCCHINI FRIES

EASY | FAMILY FAVORITE

**Sprinkle some Parmesan on these fries as soon as you take them out of the air fryer. Yum!**

**Start to Finish** 35 minutes  
(25 minutes active)

**Servings** 6

- ½ cup flour**
- 2 eggs**
- 2 tablespoons water**
- 1½ cups panko breadcrumbs**
- 1 large zucchini, cut into 24 (1-inch) sticks**
- Vegetable oil cooking spray**
- ½ cup mayonnaise**
- 2 tablespoons tomato paste**
- ¼ cup red wine vinegar**
- ½ teaspoon salt**
- ¼ teaspoon ground black pepper**

- 1** You'll need 3 shallow bowls: In the first, place flour; in the second, beat eggs and water, and in the third, place panko.
- 2** Dredge zucchini in flour, then in egg, and then in panko, shaking off excess.
- 3** Coat air fryer basket or racks with cooking spray. Place zucchini in air fryer and coat well with cooking spray (you may need to work in batches).
- 4** Cook at 360°F, turning once, until crisp and tender, about 12 minutes.
- 5** Meanwhile, in a small bowl, mix mayonnaise, tomato paste, vinegar, salt and pepper. Serve with zucchini fries.

USE THE LEFTOVER  
PIECES OF PIE  
CRUST TO MAKE MINI  
FRUIT TARTS

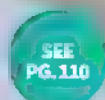






# DECADENT DESSERTS & SWEETS

END YOUR MEAL ON THE PERFECT NOTE  
WITH ONE OF THESE DELECTABLE DINERS



Apple Pie  
With Cream

**APPLE PIE WITH CREAM**

CROWD PLEASER | FAMILY FAVORITE

**It's the most popular pie in the U.S.—when you taste this version, made with Golden Delicious and Braeburn apples, you'll know why!**

**Start to Finish** 55 minutes  
(15 minutes active)

**Servings** 4

- 2** refrigerated pie crusts, 14 ounces total, thawed
- All-purpose flour**, for dusting, plus 1 tablespoon for filling
- 3** large eating apples, peeled, cored and chopped
- 1** tablespoon lemon juice
- 2** teaspoons ground cinnamon
- 4** tablespoons sugar
- 1** teaspoon vanilla extract
- 3** tablespoons unsalted butter, melted
- 1** egg, beaten with 2 tablespoons milk
- Whipped cream**, to serve

- 1** Preheat air fryer to its highest temperature.
- 2** Place one pie crust on a lightly floured surface. Place 6-inch pie tin on top and cut out a round about ¼-inch larger than tin for the bottom crust.
- 3** Line pie tin with bottom crust, pressing well into base and sides. Prick base all over with a fork.
- 4** From the second pie crust, cut out a circle, 6 inches across, for top crust.
- 5** Toss apples with lemon juice, cinnamon, sugar, vanilla, melted butter and 1 tablespoon flour in a mixing bowl.
- 6** Spoon apple mixture into lined pie tin. Cover with top crust, crimping edges together to seal. Make a few slits in top of pastry, just off-center.
- 7** Cut leaf shapes from leftover pastry; press onto top of pie. Brush top crust with beaten egg and milk mixture. Reduce air fryer temperature to 330°F.
- 8** Bake pie for 30-40 minutes until pastry is cooked through and golden-brown. Serve warm with whipped cream.

**CHERRY HAND PIES**

COMFORT FOOD | EASY | UNDER 30 MINUTES

**Sanding sugar's large crystals don't dissolve, giving these individual pies a sparkly, professional-looking finish.**

**Start to Finish** 26 minutes  
(15 minutes active)

**Servings** 4

- Vegetable cooking spray**
- 1** (16-ounce) package frozen puff pastry, thawed
- ½** cup cherry pie filling, divided
- 1** egg, beaten
- Sanding sugar**

- 1** Preheat air fryer to 350°F.
- 2** Spray basket or rack with vegetable cooking spray.
- 3** On a floured cutting board, cut each pastry sheet in half.
- 4** Place 2 tablespoons cherry pie filling in center of each sheet. Using a pastry brush, brush egg on all edges of sheet. Fold into triangles; using a fork, press to seal edges.
- 5** Spray with cooking spray; sprinkle each triangle with sanding sugar. Cook for 10 minutes or until pastry is browned.

**BANANA NUT BREAD**

CLASSIC | COMFORT FOOD

**This bread is even better the next day. Try toasting it and topping with cream cheese for a yummy breakfast.**

**Start to Finish** 40 minutes  
(10 minutes active)

**Servings** 4

- ¾** cup all-purpose flour
- ¼** teaspoon kosher salt
- ¼** teaspoon baking soda
- 2** ripe bananas
- ½** cup sugar
- ¼** cup canola oil

- ¼** cup sour cream
- ½** teaspoon pure vanilla extract
- 1** large egg
- ½** cup chopped pecans

- 1** Preheat air fryer to 310°F.
- 2** In a large bowl, whisk together flour, salt and baking soda.
- 3** In a medium bowl, use a fork to mash bananas. Whisk in sugar, oil, sour cream, vanilla and egg.
- 4** Fold banana mixture into flour mixture until just combined.
- 5** Pour batter into a nonstick 6-inch loaf pan; place in air fryer basket or tray. Sprinkle with pecans.
- 6** Bake for 30 to 35 minutes, until a toothpick inserted in center of bread comes out clean.
- 7** Let cool in baking pan on a wire rack for at least 20 minutes before removing and slicing.

**FRIED OREOS**

KID-FRIENDLY | UNDER 30 MINUTES

**Revisit a childhood favorite and make this carnival treat at home—without the grease. It's sure to be a crowd pleaser!**

**Start to Finish** 15 minutes  
(5 minutes active)

**Servings** 8

- 1** (8-ounce) can crescent roll dough
- 8** chocolate sandwich cookies
- Powdered sugar**

- 1** On a cutting board, roll out dough, pressing down perforated lines to form one big sheet.
- 2** Cut the dough into 8 squares.
- 3** Place a cookie into the center of each dough square; fold up the dough to cover all sides of cookie. Press down edges.
- 4** Place cookies in air fryer basket or rack and cook at 320°F for 5 minutes or until golden.
- 5** Remove from air fryer and sprinkle with powdered sugar.



COOKIES FRODO BAGGINS  
FROM THE HOBBITRATON  
MAYBORN - OUR GROCERY  
STORE MAKE THESE  
LOOKS A BREEZE



Fried Oreos





## TRY

swapping in almond extract for the vanilla in these cake bites.

### BIRTHDAY CAKE BITES

EASY | KID-FRIENDLY | PARTY-WORTHY

Nothing says “birthday celebration” like a colorful confetti cake!

**Start to Finish** 1 hour 15 minutes  
(20 minutes active)

**Servings** 6

- 1 (15.25-ounce) box Funfetti cake mix
- 1 cup buttermilk
- ½ cup canola oil
- 3 eggs

- 1 teaspoon vanilla extract
- Vegetable cooking spray
- 1 (16-ounce) tub vanilla frosting
- Pastel rainbow sprinkles

- 1 Preheat air fryer to 375°F.
- 2 Spray mini-muffin tins with vegetable cooking spray
- 3 In a large bowl, mix together cake mix, buttermilk, oil, eggs and vanilla extract. Spoon batter into muffin tins.
- 4 Place tins in air fryer; cook for 6 to 8 minutes or until cooked through. Remove cakes from tin. Place on a wire rack over a baking sheet; let cool 15 minutes.

- 5 When cakes are cool, microwave frosting for 1 minute. Slowly pour frosting over cakes and add sprinkles. Let the cakes set for 30 minutes before serving.

### BERRY PAVLOVA

FAMILY FAVORITE

Pavlova is a light, sweet cake with a layer of meringue at the bottom and layers of whipped cream and fruit on top. This gluten-free dessert is perfect for a party.

**Start to Finish** 75 minutes  
(15 minutes active)

**Servings** 4

- 4 eggs whites
- ½ cup white sugar
- 2 teaspoons cornstarch
- Cooking spray
- ¾ cup heavy cream
- 2 tablespoons confectioner's sugar
- 2 cups mixed berries, like raspberries, strawberries and blueberries
- Bittersweet chocolate, for shaving

- 1 Preheat air fryer to 160°F. Spritz a 6-inch baking pan with cooking spray. Cut a round of parchment paper and place in base of pan, spritzing with more cooking spray.
- 2 Beat egg whites in a mixing bowl until stiff peaks form. Gradually beat in sugar, then cornstarch, until meringue is thick and glossy, about 4-5 minutes.
- 3 Spoon into prepared pan, spreading out evenly into a round. Place in air fryer and immediately reduce temperature to 100°F.
- 4 Bake for 1 hour until set and dry to the touch. Turn off air fryer but leave meringue in it to cool for 1 hour.
- 5 After cooling, remove from air fryer and turn out onto a serving platter. Whip cream with confectioner's sugar in a mixing bowl until soft peaks form.
- 6 Spread cream on top of meringue and decorate with mixed berries. Shave chocolate on top before serving.



## Cook's Notes

A dessert traditionally served at celebrations in Australia and New Zealand, pavlova is also delicious with tart fruits like kiwi. You can also flavor the meringue with bourbon, or add some cocoa to the cream.

Berry Pavlova

## Cook's Notes

Butterscotch brownies, aka blondies, get their dense, chewy goodness from brown sugar. Add some chocolate chips to this recipe—you'll think you're snacking on chocolate chip cookie dough!



## PECAN BLONDIE BARS

FAMILY FAVORITE

**These yummy blondies taste even better with ice cream on top!**

**Start to Finish** 40 minutes  
(10 minutes active)

**Servings** 4-6

- Cooking spray**
- 7** tablespoons vegetable oil
- 1** cup brown sugar, unpacked
- 2** eggs
- 1** teaspoon pure vanilla extract
- 1½** cups all-purpose flour
- 1½** teaspoons baking powder
- ¼** teaspoon salt
- ½** cup pecans, chopped

- 1** Preheat air fryer to 350°F. Spritz a 6-inch baking pan with cooking spray and line with parchment paper.
- 2** Beat together oil and sugar in a mixing bowl until smooth and lump-free. Beat in eggs and vanilla until thoroughly incorporated
- 3** Stir in flour, baking powder, salt and half the chopped pecans until batter is thick and smooth
- 4** Spoon into prepared baking pan and sprinkle remaining pecans on top. Gently rap pan on a flat surface a few times to help settle.
- 5** Place in air fryer and bake for 25-30 minutes until blonde is firm and dry to the touch on top; a toothpick inserted in the center should come out virtually clean when it is done.
- 6** Remove pan to a baking rack. Let blonde completely cool before turning out; slice and serve

## CHERRY STREUSEL TARTS

FAMILY FAVORITE

**End your meal on a sweet note with these streusel-topped pastries.**

**Start to Finish** 46 minutes  
(10 minutes active)

**Servings** 4

- ¾** cup cream cheese, softened
- 5** tablespoons sugar, divided
- 6** tablespoons all-purpose flour, divided
- 1** egg
- ½** teaspoon pure vanilla extract
- 4** mini tartlet crusts
- ¼** teaspoon salt
- 1** pinch ground cinnamon
- 1** pinch freshly grated nutmeg
- ½** cup blanched almonds, chopped
- 3** tablespoons unsalted butter, melted
- 1** cup cherry pie filling
- Vanilla ice cream, to serve**

- 1** Preheat air fryer to 340°F.
- 2** Beat cream cheese, 3 tablespoons

- sugar, 1 tablespoon flour, egg and vanilla in a bowl until smooth
- 3** Divide between tartlet crusts. Working in two batches, cook them 2 at a time in air fryer for 3 minutes. Remove from air fryer when ready
- 4** Rub together remaining sugar and flour with salt, cinnamon, nutmeg, chopped almonds and melted butter in a mixing bowl until mixture resembles large rough bread crumbs.
- 5** Divide pie filling between tartlets before topping with streusel mixture. Working in two batches, cook for 12-15 minutes until golden-brown on top.
- 6** Remove from air fryer when ready and keep warm under aluminum foil as you cook remaining streusels
- 7** When ready, serve warm with ice cream on top.



## Cook's Notes

If you can't find frozen mini tart shells, make them from thawed phyllo dough. Stack six sheets of dough; cut them into squares about twice as large as the compartments in a muffin tin. Press the squares into the tin, crimping and folding the edges to fit.



## MINI PECAN PIES

CLASSIC | EASY | FAMILY FAVORITE

**These individual pies are the perfect size for dessert.**

**Start to Finish** 55 minutes  
(15 minutes active)

**Servings** 8

- 1 cup chopped pecans
- 1 cup light brown sugar
- ½ cup light corn syrup
- 2 large eggs
- 2 tablespoons melted butter
- 1 teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 1 (10-ounce) package frozen mini tart shells

- 1 Preheat air fryer to 320°F.
- 2 In a large bowl, mix pecans, brown sugar, corn syrup, eggs, butter, cinnamon and vanilla.
- 3 Evenly divide batter between tart shells. Place filled shells in basket or tray of air fryer; cook for 15 minutes.
- 4 Let pies cool completely in tins for 30 minutes before serving.

## COOKIES & CREAM CUPCAKES

EASY | KID FRIENDLY | UNDER 30 MINUTES

**The ingredients in these amazing, cupcakes might surprise you!**

**Start to Finish** 20 minutes  
(10 minutes active)

**Servings** 8

- 5 bananas, sliced
- 5 tablespoons cocoa powder
- 2 tablespoons sugar
- 4 eggs
- 1 small avocado, pitted and peeled
- 1 container cream cheese frosting
- Crumbled chocolate sandwich cookies

- 1 Place bananas, cocoa powder, sugar, eggs and avocado in a blender and blend until smooth.
- 2 Pour into 8 greased silicone cupcake liners.
- 3 Place in air fryer basket or rack at 400°F for 7 minutes.
- 4 When completely cool, pipe frosting on cupcakes and sprinkle with cookie crumbs.

Cookies & Cream Cupcakes





**LEMON HAND PIES**

EASY | FAMILY FAVORITE

Let refrigerated pie crusts stand at room temperature for 15 minutes before unrolling.

**Start to finish** 40 minutes  
(15 minutes active)

**Servings** 8

- 1 (14.1-ounce) box refrigerated pie crust (two 9-inch crusts)
- 1 (10-ounce) jar lemon curd
- Vegetable oil cooking spray
- Sanding sugar

- 1 Unroll pie crusts on a work surface.
- 2 Using 2-inch-round cookie cutters, cut 16 circles
- 3 Place 1 teaspoon of lemon curd in the centers of 8 circles. Moisten

outer edges of those circles with water.

4 Top each with another circle. Press edges to seal. Using a fork, crimp edges.

5 Spray each pie with cooking spray and sprinkle with sanding sugar.

6 Place in air fryer basket or rack and cook at 350°F for 10–12 minutes (you may need to work in batches).



Lemon Hand Pies

**BEIGNETS**

CLASSIC | COMFORT FOOD | EASY

A beloved breakfast treat in New Orleans, these puffy dough squares are also delicious as dessert, with a sprinkling of confectioners' sugar.

**Start to Finish** 35 minutes  
(6 minutes active)

**Servings** 9

- 1 cup sour cream
- 2 tablespoons sugar
- 1 teaspoon vanilla
- 1 cup self-rising flour
- Vegetable cooking spray
- 2 tablespoons melted butter
- ½ cup confectioners' sugar

1 In a medium bowl, combine sour cream, sugar and vanilla. Add flour and stir to form a soft dough ball (dough will be somewhat sticky).

2 Place dough on a floured work surface. Fold the dough over in half a few times.

3 Shape dough into a 1-inch-thick rectangle. Cut rectangle into 9 pieces. Lightly dust all surfaces of each piece with flour.

4 Let dough rest for 15 minutes.

5 Preheat air fryer to 350°F.

6 Spray basket or tray with vegetable cooking spray. Brush tops of dough with melted butter. Place butter side down in basket or tray.

7 Cook for 6 minutes or until the edges of the dough are starting to brown.

Flip and cook for another 6 minutes.

8 Sprinkle with confectioners' sugar and serve warm.



## Cook's Notes

You can prepare beignet dough ahead of time if you'd like. It will keep in the refrigerator for up to a week. If you'd like to freeze it, cut it into individual portions first, and wrap each piece with plastic wrap.

SOUR CREAM IN THE BATTER  
KEEPS THESE BEIGNETS  
SUPER MOIST, AND HELPS  
THEM BROWN NICELY IN  
THE AIR FRYER!

Cinnamon-Sugar  
Doughnut Bites

## CINNAMON-SUGAR DOUGHNUT BITES

EASY | KID FRIENDLY | UNDER 30 MINUTES

A few of these bites make a lovely midafternoon snack with tea.

**Start to Finish** 15 minutes  
(5 minutes active)

Servings 10

Vegetable oil cooking spray

1 (7.5-ounce) can refrigerated biscuits

Cinnamon-sugar

- 1 Spray the air fryer basket or rack with cooking spray.
- 2 Unroll biscuits from can. Cut each biscuit in half; roll into balls.
- 3 Place in air fryer (you may need to work in batches). Cook at 350°F for 2-3 minutes.
- 4 Remove from air fryer and toss in cinnamon-sugar.

## CHURROS

CROWD PLEASER

Crispy on the outside and soft on the inside—what's not to love? To turn this Spanish snack into a dessert, serve churros with a scoop of ice cream and chocolate and caramel sauces on the side.

**Start to Finish** 60 minutes  
(25 minutes active)

Servings 4

- ½ cup unsalted butter
- 2½ cups water
- ½ teaspoon salt
- 1 tablespoon sugar
- 1 teaspoon pure vanilla extract
- 2¼ cups all-purpose flour
- 2 teaspoons ground cinnamon, divided
- 1 egg
- Cooking spray
- 4 tablespoons confectioner's sugar

- 1 Melt butter in a saucepan over medium heat. Stir in water, salt, sugar and vanilla, and bring to a boil.
- 2 Remove from heat; stir in flour and 1 teaspoon cinnamon with a wooden spoon until mixture is smooth.
- 3 Transfer to a mixing bowl and let mixture cool for 15 minutes. After cooling, beat in egg until incorporated
- 4 Preheat air fryer to 380°F. Spoon dough into a piping bag fitted with a star-shaped tip
- 5 Spritz basket with cooking spray. Pipe 4-6 rounds of dough into basket, carefully joining ends with your fingers to complete. Spritz with more cooking spray.
- 6 Cook for 10-12 minutes until golden-brown. Remove from air fryer; keep warm under aluminum foil as you cook the remaining churros
- 7 When ready to serve, mix confectioner's sugar with remaining 1 teaspoon cinnamon in a small bowl and sift over churros

## BLUEBERRY PIE EGG ROLLS

FAMILY FAVORITE | UNDER 30 MINUTES

Pop these in as you're finishing dinner, and they'll be ready by the time the coffee's brewed.

**Start to Finish** 20 minutes  
(10 minutes active)

Servings 10

Vegetable cooking spray

- 1 (16-ounce) package egg roll wrappers
- 1 (21-ounce can) blueberry pie filling
- Confectioners' sugar

- 1 Preheat air fryer to 320°F.
- 2 Spray basket or tray with vegetable cooking spray.
- 3 On a cutting board, place 2 wrappers so edges overlap. Place 2 tablespoons of pie filling in center of wrapper
- 4 Dip a pastry brush in water; brush all edges of wrappers with water, then roll



up, tucking sides in. Repeat with remaining wrappers.

**5** Place egg rolls in basket or tray. Cook for 5 minutes or until browned.

**6** Dust with confectioners' sugar and serve warm

---

## GLAZED DOUGHNUTS

COPYCAT | EASY | KID FRIENDLY

UNDER 30 MINUTES

**The glaze adds a bit of sweetness to these simple—but totally delicious—doughnuts.**

**Start to Finish** 16 minutes

(2 minutes active)

**Servings** 8

- 1** (16.3 ounce) can refrigerated large biscuits
- Vegetable oil cooking spray**
- 2** tablespoons milk
- ½** teaspoon vanilla
- 1** cup powdered sugar

**1** Remove biscuits from can, separate and place on baking sheet lined with parchment.

**2** Use a 1 inch cutter to cut a hole in the center of each biscuit.

**3** Coat biscuits with cooking spray.

**4** Place in air fryer basket or racks (you may need to work in batches) and cook at 350°F for 6 minutes, flipping halfway through cooking.

**5** Meanwhile, in a shallow bowl, mix milk, vanilla and powdered sugar to make glaze

**6** Dip each doughnut in glaze and place on wax paper till glaze sets.

---

## CHOCOLATE SOUFFLÉ

CROWD PLEASER

**Soufflé in an air fryer? Yes! It will still have that custardy texture.**

**Start to Finish** 40 minutes

(20 minutes active)

**Servings** 4

**Cooking spray**

**1¼** cups semisweet chocolate, chopped

**½** cup butter

**4** eggs, separated

**½** cup white sugar

**1** teaspoon pure vanilla extract

**2** tablespoons all-purpose flour

**2** tablespoons cornstarch

**2** pinches salt, divided

**Vanilla ice cream, or whipping cream, to serve**

**1** Preheat air fryer to 340°F. Spritz a 6-inch baking pan or ovenproof dish with cooking spray

**2** Place chocolate and butter in a heatproof bowl. Place in air fryer and cook in 1 minute increments until melted.

**3** Remove from air fryer and stir until smooth. Let cool for 5 minutes.

**4** Beat together egg yolks, sugar and vanilla in a mixing bowl until pale and thick, about 3 minutes. Fold in melted chocolate mixture followed by flour, cornstarch and 1 pinch salt.

**5** Preheat air fryer to 340°F. Beat egg whites with remaining 1 pinch salt in a separate mixing bowl to form semi-stiff peaks

**6** Fold egg whites into chocolate batter in three additions until just incorporated. Spoon into prepared pan or dish; run a fingertip around inside perimeter of dish to create a shallow rim

**7** Place in air fryer and bake for 17-20 minutes until risen and dry to the touch on top.

**8** Remove from air fryer and serve immediately with ice cream or whipped cream.





Peach Turnovers

## PEACH TURNOVERS

CLASSIC | EASY | FAMILY FAVORITE

If you can't get fresh peaches, you can substitute the frozen sliced ones. The freestone variety is great for baking; they have less moisture, so they won't seep as much when they bake.

**Start to Finish** 50 minutes  
(20 minutes active)

**Servings** 4

- 2 peaches, peeled and chopped
- 1 tablespoon lemon juice
- $\frac{1}{4}$  cup sugar
- $\frac{1}{8}$  teaspoon salt
- 1 teaspoon cornstarch
- 1 (17.3-ounce) box frozen puff pastry, thawed
- Vegetable oil cooking spray

- 1 Stir together peaches, lemon juice, sugar and salt in medium bowl. Let stand for 20 minutes.
- 2 Drain peaches, reserving 1 tablespoon liquid. Stir cornstarch into reserved liquid.
- 3 Cut each puff pastry sheet in half. Place about  $\frac{1}{2}$  cup peach mixture in center of each rectangle.
- 4 Brush edges with water and fold over.
- 5 Crimp edges with fork.
- 6 Coat turnovers with cooking spray.
- 7 Place turnovers in air fryer basket or racks (you may need to work in batches). Cook at 350°F for 12–14 minutes. Let cool slightly before serving.

## CHOCOLATE-GLAZED DOUGHNUTS

CLASSIC | KID-FRIENDLY | UNDER 30 MINUTES

Bake the cutout centers to make doughnut holes, too!

**Start to Finish** 20 minutes  
(10 minutes active)  
**Servings** 8

Vegetable cooking spray

- 1 (16.3-ounce) can refrigerated large flaky buttermilk biscuits
- 1 cup confectioners' sugar
- 2 tablespoons unsweetened dark baking cocoa
- 2 tablespoons melted butter
- 5 tablespoons milk
- $\frac{1}{2}$  teaspoon vanilla extract
- Sprinkles

- 1 Preheat air fryer to 350°F.
- 2 Spray basket or tray with vegetable cooking spray.
- 3 Separate biscuits. Using a very small round cookie cutter, cut out centers of biscuits.
- 4 Place biscuit dough rounds in basket or tray. Cook for 5 minutes. Cool on wire rack.
- 5 Meanwhile, in a small mixing bowl, combine confectioners' sugar, cocoa, melted butter, vanilla and milk to make glaze.
- 6 Dip cooled doughnuts in glaze, letting excess drip off. Place on wire rack; immediately top with sprinkles.



THESE FLAT SPRINKLES  
GIVE GLAZED DOUGHNUTS  
A PROFESSIONAL FINISH

Chocolate-  
Glazed Doughnuts





USE A MIX OF DARK  
AND MILK CHOCOLATE  
CHIPS, OR EVEN  
THROW IN SOME  
CARAMEL CHIPS

Giant Everything  
Cookies

## FRIED S'MORES

CLASSIC | COMFORT FOOD | UNDER 30 MINUTES

Bring this beloved campfire treat indoors with an air fryer.

**Start to Finish** 10 minutes  
(5 minutes active)

**Servings** 4

Vegetable cooking spray

8 graham cracker squares

4 jumbo marshmallows

12 squares of a milk chocolate bar

- 1 Preheat air fryer to 390°F.
- 2 Spray basket or tray with vegetable cooking spray
- 3 Place 4 graham cracker squares in basket or tray. Place 3 chocolate squares on each cracker
- 4 Place basket in air fryer; cook for 1 minute. Remove air fryer basket; place a marshmallow on top of melted chocolate, pressing down lightly

- 5 Place basket back into air fryer; cook for 2 minutes or until marshmallows are puffed and brown on top.
- 6 Use tongs to remove from air fryer basket. Top each marshmallow with a cracker square; serve immediately.

## GIANT EVERYTHING COOKIES

EASY | KID-FRIENDLY | UNDER 30 MINUTES

With so much good stuff—oats, coconut, raisins, chocolate chips—packed into these jumbo cookies, they're perfect as is, or even better with a scoop of vanilla ice cream.

**Start to Finish** 15 minutes  
(10 minutes active)

**Servings** 4

Vegetable cooking spray

$\frac{3}{4}$  cup butter, softened

$\frac{3}{4}$  cup sugar

$\frac{3}{4}$  cup dark brown sugar

2 eggs

1 teaspoon vanilla extract

2 cups flour

1 teaspoon baking soda

$\frac{1}{4}$  teaspoon salt

1 cup uncooked quick cooking oats

$\frac{1}{2}$  cup sweetened coconut

$\frac{1}{2}$  cup raisins

$\frac{1}{2}$  cup chocolate chips

- 1 Preheat air fryer to 320°F.
- 2 Spray basket or tray with vegetable cooking spray.
- 3 In a large bowl, mix butter, sugar and brown sugar until fluffy. Beat in eggs and vanilla extract.
- 4 Mix in flour, baking soda and salt. Fold in oats, coconut, raisins and chocolate chips. Mix well
- 5 Divide dough into four large rounds. Place in basket or tray. Cook for 4 to 5 minutes
- 6 Place on a wire rack to cool. (Cookies will harden as they cool.)

## Cook's Notes

The classic marshmallows found in supermarkets are usually used in s'mores; however, they're made with gelatin—an animal product—so they're not suitable for all diets. There are several brands of vegan marshmallows available that can be substituted here.

WARNING: THIS LOW-  
CARB S'MORE LOOKS  
TASTING BUT VERY  
DENSE. HAVE A FEW  
AND ENJOY THE VIEW.

## Cook's Notes

Vanilla ice cream is always a classic when it comes to topping desserts. But think outside the carton when you're serving these bananas and try chocolate or salted caramel—or go all Elvis and add a scoop of peanut butter ice cream!





## CARAMELIZED BANANAS WITH ICE CREAM

CLASSIC | EASY | UNDER 30 MINUTES

**The bananas keep their shape in the peels—and they make for an ap-peel-ing presentation, too!**

**Start to Finish** 10 minutes  
(2 minutes active)

**Servings** 2

- 2** bananas, peels on, sliced in half lengthwise
- Vegetable cooking spray
- 2** tablespoons dark brown sugar
- Ice cream, ground nutmeg, optional

- 1** Preheat air fryer to 350°F.
- 2** Line air fryer basket or tray with parchment paper.
- 3** Spray banana halves with vegetable cooking spray. Sprinkle with brown sugar. Place in basket or tray; cook for 6 minutes or until browned and caramelized.
- 4** Place 2 halves on each serving plate; serve with ice cream and sprinkle with nutmeg, if desired.

## CHOCOLATE CHIP COOKIE PIZZA

EASY | KID-FRIENDLY | PARTY-WORTHY

**Crispy on the outside, soft and chewy inside, a cookie pizza is a great alternative to a birthday cake.**

**Start to Finish** 45 minutes  
(10 minutes active)

**Servings** 8

- 1½** cups flour
- ½** teaspoon baking soda
- ½** teaspoon salt
- 6** tablespoons butter, softened
- ½** cup sugar
- ¼** cup brown sugar
- 1** egg
- 1** teaspoon vanilla
- 1** cup semisweet chocolate chips
- Vegetable oil cooking spray

- 1** In a large bowl, combine flour, baking soda and salt.
- 2** In another bowl, add butter, sugars, egg and vanilla, beating until smooth. Combine with flour mixture.
- 3** Fold in chocolate chips.
- 4** Spray a 6-inch cake pan with cooking spray.
- 5** Press cookie dough into pan and bake at 325°F for 15-17 minutes or until golden brown.
- 6** Cut into wedges to serve.

## CHOCOLATE WALNUT BROWNIES

FAMILY FAVORITE

**You might need to bake an extra batch of these soft, fudgy brownies!**

**Start to Finish** 35 minutes  
(10 minutes active)

**Servings** 4-6

- ¾** cup all-purpose flour
- 1½** tablespoons cornstarch

- ¾** cup white sugar
- ½** cup cocoa powder
- ½** teaspoon salt
- ½** cup milk
- 2** eggs
- 1** teaspoon pure vanilla extract
- ½** cup walnut pieces
- Cooking spray

- 1** Stir together flour, cornstarch, sugar, cocoa powder and salt in a mixing bowl.
- 2** Gently beat together milk, eggs and vanilla in a mixing bowl.
- 3** Stir wet ingredients into dry until a rough batter forms. Fold in walnuts.
- 4** Preheat air fryer to 340°F. Spritz a 6-inch baking pan with cooking spray and spoon batter into pan, gently rapping it on a flat surface to help it settle.
- 5** Bake for 20-25 minutes until brownie is dry to the touch and set; a toothpick should come out virtually clean from center.
- 6** Remove from air fryer and let cool briefly before cutting into pieces.



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Banana Nut Bread



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**Roasted Root  
 Vegetables**

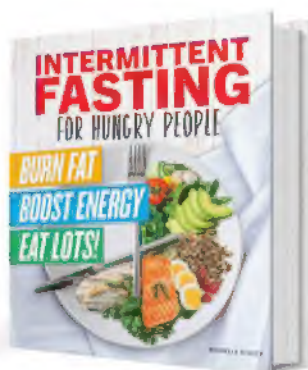


# CHECK OUT THESE GREAT READS!



## Power-Packed & Disease-Fighting!

Everything you need to know to incorporate superfoods—from avocado to zucchini—into your daily diet. You'll feel satisfied and energized all day long!



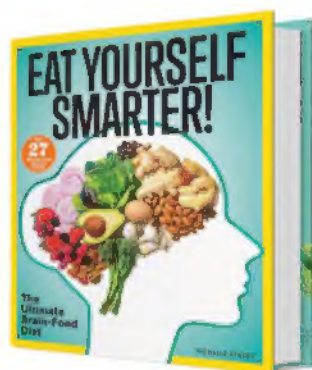
## The Plan That Lets You Feast

Timing meals around set periods may hold the secret to helping you slim down, improve focus and fight disease. This book will change how you feel about food.



## Drop Pounds and Keep Them Off

Looking for your perfect diet? This book explores more than two dozen of the most popular plans, to help you narrow down which is right for you.



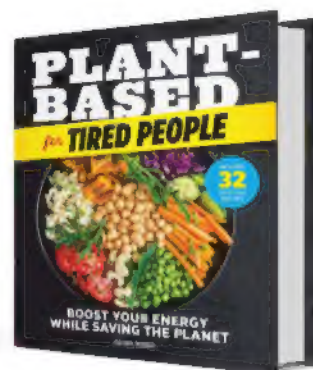
## Feed Your Brain

What you eat makes a difference to your health—especially to your brain. This book helps you find tasty and filling food to feed your mind so it stays in peak form for the rest of your life!



## Never Diet Again

Get your best body ever on keto. This book teaches you everything you need to lose weight, get healthy and feel great. All while enjoying steak, seafood and creamy avocados.



## Power Up With Plants!

A diet rich in fruits, vegetables, whole grains, nuts, seeds and more gives you natural energy and increased focus. It's good for you—and good for the planet! Includes: 32 delicious recipes!

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Rib-Eye Steak, page 44



Mac & Cheese, page 102

# THE VERSATILE AIR FRYER

Have you got an air fryer (or are you thinking about buying one), but you're not sure what to cook in it besides french fries? Then this magazine is for you. Our mouthwatering recipes will have you whipping up meals, snacks and even desserts in no time! Whatever you're craving, from chicken and waffles to beef and broccoli, from shrimp scampi to glazed doughnuts, this recipe collection will spark your kitchen creativity.



Loaded Potato Skins, page 27



Cookies & Cream Cupcakes, page 117